



Blisters

Blisters are painful, fluid-filled lesions produced by friction and pressure. They can be caused by the following:

- Ill-fitting shoes
- Stiff shoes
- Wrinkled socks against the skin
- Excessive moisture
- Foot deformities

How to prevent blisters

Blisters are a result of friction, therefore there are a number of simple techniques:

- Keep your feet dry
- Always wear socks as a cushion between your feet and shoes
- Wear properly fitting shoes

If a blister does occur, do not pop it. Cut a hole in a 1.5” piece of foam or felt, forming a ‘doughnut’ over the blister; tape the foam or felt in place or cover with a soft gel-type dressing. Treat an open blister with mild soap and water; cover it with an antiseptic ointment and protective soft gel dressing to prevent infection and speed up the healing process.

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**All information from The Society of Chiropodists and Podiatrists Website*