



## BLISTERS



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## Cause

A blister is a small pocket of fluid in the upper skin layers and is a common response to skin trauma or friction. The formation of fluid forms a cushion around the damaged area allowing it to heal. In most cases blisters do not require medical attention unless they are severe, infected or reoccurring.

## Treatment

When treating a blister, if possible, resist the temptation to burst it as this may increase your risk of infection and increase the time required to heal. If this is not possible, the best way to drain a blister is to clean the area with soap or disinfectant and then prick the blister with a sterile needle. Allow the fluid to slowly escape and the roof of the blister to collapse down onto the blister base. The roof then acts as a primary dressing that can be further covered with betadine and a bandaid. It is best not remove the blister roof, as that will delay healing and increase the risk of infection. If the blister refills you can repeat the process. It is best not to use a tape or sticky dressing directly on the blister as it may tear the roof of the blister, instead cover the roof of the blister with a non adhesive dressing. It is also important to change the dressing daily and re-apply an antiseptic such as betadine to keep the site clean and free from infection.

It is important to consult your podiatrist if you do not feel comfortable self treating your blisters. If they are red hot and swollen they may be infected and may require further treatment. Your podiatrist can also provide advice on padding and footwear modifications if you suffer from recurring blisters in the same locations.



Blister

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