

A quick guide to:

BLISTERS



Blisters are small pockets of fluid within the upper layers of the skin. On the feet and toes, they are typically caused by the friction of rubbing shoes.

APPEARANCE

Blisters can look like a small bubble on the skin. Most blisters are filled with a clear fluid, but can occasionally be filled with blood or pus.

CAUSES

When shoes rub, the friction damages the skin. Fluid collects under the damaged layer of skin to cushion the tissue underneath. This protects the tissue from further damage and allows it to heal.

Blood blisters form when a small blood vessel close to the surface of the skin ruptures, leaking blood between the layers of the skin. This usually happens when the skin is crushed, pinched or tightly squeezed.

Blisters can also be caused by infections, burns, skin diseases and insect bites.

SYMPTOMS

Some blisters are painless and some will feel tender if pressure is applied to them. Blood blisters tend to be more painful than other blisters.

PREVENTION

Comfortable, well fitting shoes and clean socks will reduce friction on your skin and help you to avoid getting blisters on your feet. As blisters are more likely to develop on moist skin, keep your feet dry, wearing moisture absorbing socks if necessary and using talcum powder.

If you plan to wear sandals or tight fitting shoes, the friction between the shoe and your foot can be reduced by applying a layer of protective dressing on areas where the shoes rub.

TREATMENT

Most blisters will heal naturally. As new skin grows beneath the blister, the fluid will slowly be reabsorbed by your body and the skin on top will fall away. Never pierce a blister with a needle as this risks the chance of infection.

Whilst healing, blisters can be covered with a blister plaster. If it is in a position where it is likely to burst, such as on the sole of your foot, a padded felt dressing placed around the blister will protect it further.

If the blister does burst, allow the fluid inside to drain and then cover the blister and surrounding area with a dry dressing.

For more information please visit:

www.carnationfootcare.co.uk

or speak to your podiatrist.