

Blisters: Care and Prevention

Buy good shoes that fit well. Shoes should fit snugly in the heel so that the foot does not slide back and forth causing friction. Wear your new shoes several hours a day before coming to school so that they will be less stiff and easier to wear. Wear socks that are moisture wicking, cotton or cotton blend, since cotton absorbs moisture and helps prevent chafing. Be sure your socks do not bunch up in your shoes and cause pressure. If your shoes do start to cause chafing, try double-layering your socks by wearing a nylon or dress sock under the cotton sock.

DAILY CARE OF FEET IS AS FOLLOWS:

1. Clean your feet each day and hand dry them being sure to get between the toes. Wet feet are more easily irritated. If your feet are irritated on the bottom, put cushioning insoles in your shoes.
2. As you clean your feet, look for any areas that may be getting red or irritated. Be sure to cushion those areas with band-aids or moleskin (**do not apply moleskin over broken skin**). Inspect your shoes for rough or stiff areas and then cushion the area with moleskin. Moleskin is available in any drug store. **Bring some to school with you.**
3. **Seek medical help early for problems.** Redness, heat, pain and swelling are signs you need care. Call the Schiffert Health Center for an appointment.

BLISTERS ARE THE ENEMY

What is a blister? A blister is caused by friction between your shoe, sock and your foot. When irritated, the tender top layer or two of skin separates from the lower layer and fills with serum.

TREATMENT OF BLISTERS:

1. Clean the feet. Be sure your feet are dry and clean. An antibiotic ointment may be applied to the blister for comfort.
2. **Do not "pop" a blister.** The covering protects the area.
3. Leave the blisters out to the open with no bandages until you must put on your shoes. Then protect the blister by "off-loading" with a moleskin

doughnut or a band-aid if necessary. To "off-load", cut an opening just larger than the blister in a piece of moleskin. Affix the moleskin doughnut so the blister is in the open window. Place 2-3 more layers of moleskin doughnut. This will decrease rubbing and pressure on the blister. Again, do not apply the moleskin directly on the



blister.

4. Do not use powder on a blister or raw skin.
5. If the blister is 3 cm or larger, prevents movement in a joint, or you can see the signs and symptoms of infection (check for redness, swelling, tenderness, or cloudy yellow to green drainage), call for medical attention.

If you have questions call the Health Center for help.