

# Blisters

## What is a blister?

Blisters are fluid-filled sacs designed to protect the underlying skin layers (the human skin has six layers). They have a bubble-like appearance projecting above the skin surface and can be painful to touch, especially if the blister is broken. Blisters are caused by trauma to the skin through:

- Friction, rubbing or pressure (often seen on the feet from rubbing against shoes)
- Temperature extremes
- Chemical-related injury
- Side effects of diseases

The fluid that fills your blisters may consist of:

- Clear liquid from lymph nodes (serum)
- Blood/plasma
- Pus
- All of the above

## How to prevent blisters

Preventing blisters on your feet can be difficult as sometimes you are not aware of pressure areas until you start your activity. What you can do before your walk or run is to understand possible irritation sites, as commonly blister on your feet are caused by:

- Poor-fitting shoes (too tight or too big)
- Poor socks
- Excess moisture
- Hard skin (callus) or other skin issues



Before your long walk or run, try the shoes and socks you plan on wearing for the event and check for:

- Pressure points
- Uncomfortable ridges
- Feet moving within the shoes (does your heel slip out of the shoes or does your foot slide forward in the shoe)

Book an appointment with  
our podiatrists today

Call 1800 FOOTDR

Book online at [myfootdr.com.au](https://myfootdr.com.au)



**MyFootDr.**

Healthy feet. Better lives.



# Blisters

## Blister prevention tips

- Get professionally fitted for any new shoes (if you stand on the liner of your shoes; your longest toe should be a thumb width from the end of the liner, and the sides of your feet should not be hanging over the edges of the liner)
- Use nylon or moisture-absorbing socks
- For any pressure points noted, before you walk or run, use a light bandage or sports tape to cover the area
- You can use petroleum-based gels for areas such as in between toes or heels

## Treating blisters

If blisters occur:

- Cover the blister site loosely and try to keep the top of the blister intact
- Pad the site if possible (donut pads are good for this)
- Avoid draining the blister
- If the blister bursts – cover it with a sterile dressing and allow the area to dry

If you have a blister and following occurs – seek medical advice:

- If you have diabetes or have reduced blood flow
- If the blister is filled with blood or pus
- If the area becomes red and warm

Book an appointment with  
our podiatrists today

Call 1800 FOOTDR

Book online at [myfootdr.com.au](http://myfootdr.com.au)

