HOW TO TREAT FOOT BLISTERS
WHERE YOU START IS YOUR CHOICE

1. BLISTER PREVENTION
   Prevention is your best chance of a no-fuss and pain-free experience.

   The most effective blister management strategy is prevention. It starts before you walk out the door.

   YOUR FOOTWEAR
   - SHOE-FIT & LACING
   - MOISTURE-WICKING SOCKS
   - DOUBLE-SOCKS
   - CUSHIONING & INSOLES
   - ORTHOTICS

   YOUR SKIN
   - ADAPTION
   - ANTI-PERSPIRANT
   - POWDERS
   - ENGO PATCHES
   - ASTRINGENTS
   - LUBRICANTS
   - TAPPING & DRESSINGS

   YOUR ACTIVITY
   - RUNNING TECHNIQUE
   - TRAINING REGIME

   Everything you need to know about these strategies is in
   The Advanced Guide to Blister Prevention

2. HOT-SPOT MANAGEMENT
   If you neglect prevention, you may get a warning sign – a brief sensation of heat called a hot-spot.

   Hot-spot management is just like blister prevention. The only difference is you have to drop everything to do it immediately!

   USE THE SAME PREVENTATIVE STRATEGIES LISTED ABOVE … BUT
   - You need to be able to stop (immediately) and spend the time to treat your hot-spot
   - You need to have the right equipment with you

3. BLISTER TREATMENT
   If you miss your chance for blister prevention, you’ll need to negotiate the slippery slope of blister treatment.

   The exact course of action depends on the blister roof. It will either be INTACT, TORN or DEROOFED.

   BLISTER TREATMENT HAS THREE AIMS:
   1. Prevent infection
   2. Reduce pain
   3. Speed healing

   None of which are easy or guaranteed!
### ROOF INTACT

We know the majority of blisters will tear ("pop") if you put your shoes back on and just hope for the best. So the very least you can do is dress your blister to keep it clean, just in case.

- Dress your blister
- ↓ Pressure
- ↓ Friction
- Monitor regularly for blister roof tearing

### ROOF TORN

Your aim is to keep the skin of the blister roof in place as it will help the blister heal. Because the blister roof is compromised, infection is the main concern.

- Antiseptic (eg: Betadine)
- Dress your blister
- ↓ Pressure
- ↓ Friction
- Monitor regularly for infection

### DEROOFED

A deroofed blister is where the top of the blister has rubbed off leaving a red raw sore.

- Antiseptic (eg: Betadine)
- Dress your blister
- ↓ Pressure
- ↓ Friction
- Monitor regularly for infection

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**DID YOU KNOW**

**WHAT'S THE BEST WAY TO CUT FRICITION LEVELS?**

ENGO Patches - Highly recommended for blister treatment! Cut friction levels to speed blister healing. Hint: They go on your shoe not your skin.

**WHAT ARE THE SIGNS OF INFECTION?**

- Pus
- Increasing pain, swelling, redness or warmth
- Red streaks extending from the blister (medical emergency)

**EVERYTHING IS MORE COMPLICATED NOW BECAUSE OF THE INCREASED RISK OF INFECTION:**

- Disinfect your hands
- Use a sterile dressing (ie: individually packaged)
- Monitor regularly for infection
- Seek medical attention if required

**DEROOFED**

A deroofed blister can take a week or more to heal. Hydrocolloids work best if they stay on for up to several days at a time (it will depend on how weepy the blister is).

Alternatives to Compeed include Duoderm and Comfeel. They come in larger sizes too.

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**BLISTER TREATMENT IS COMPLICATED! PREVENTION IS SO MUCH EASIER …**

it saves time and effort and it’s pain-free!

For more information please visit: [www.blistereprevention.com.au](http://www.blistereprevention.com.au)