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**Information Sheet No. 8**

**Blisters**

Blisters are painful, fluid-filled lesions produced by friction and pressure. They can be caused by the following:

* Ill-fitting shoes
* Stiff shoes
* Wrinkled socks against the skin
* Excessive moisture
* Foot deformities

**How to prevent blisters**  
As blisters are a result of friction there are a number of simple techniques:

* Keep your feet dry
* Always wear socks as a cushion between your feet and shoes
* Wear properly fitting shoes

If a blister does occur, do not pop it. Cut a hole in a 1.5”piece of foam or felt, forming a ‘doughnut’ over the blister; tape the foam or felt in place or cover with a soft gel-type dressing. Treat an open blister with mild soap and water; cover it with an antiseptic ointment and protective soft gel dressing to prevent infection and speed up the healing process.