



# FROM BLISTERED TO BLISSFUL

## TIPS ON HOW TO PREVENT & TREAT BLISTERS

Don't let painful blisters keep you from staying active! Stay on your feet with these helpful tips from Today's Podiatrist.

### HOW DO BLISTERS FORM?

Blisters form when there is friction against the foot, which can cause the outer layer of the skin to rub together, separate, and fill with fluid.

### WHAT CAUSES BLISTERS?

- Ill-fitting shoes
- Sweaty feet, especially if you do not wear moisture-wicking socks

### SHOULD I POP THE BLISTERS?

You should never pop blisters because you can run the risk of potential infection. Those with diabetes or poor circulation and the immunocompromised are at increased risk for developing infection.

### IF I CAN'T POP THE BLISTERS, HOW SHOULD I TREAT THEM?

- Apply a Band-Aid or gauze to the affected area
- Avoid whatever footwear caused the initial irritation and blister development
- Make an appointment with Today's Podiatrist if the area starts to smell or have discharge

### HOW CAN I PREVENT BLISTERS FROM FORMING?

- Buy proper-fitting shoes. Get your feet professionally measured so you are confident in your foot size and always remember to go shoe shopping toward the end of the day, as feet tend to swell during the day and physical activities.
- Wear moisture-wicking socks to prevent excess moisture, which can lead to blister formation.
- Try using different foot powders and creams to keep friction to a minimum.
- Not sure which socks, foot powders, and foot creams to buy? Visit [www.apma.org/seal](http://www.apma.org/seal) to find podiatrist-approved blister-prevention products.



Be sure you're seeing the most qualified health-care professional to treat your feet by looking for the letters "DPM" after his or her name. The DPM means a physician has completed years of rigorous foot and ankle training in podiatric medical school and hospital-based residency training, making him or her uniquely qualified to care for this part of the body.

Visit [www.apma.org](http://www.apma.org) for more foot health information, or to find a podiatrist near you.