

Blister Care

Prevention:

1. **Wear properly fitting shoes**

Tight or small shoes are often the biggest reason for blisters. Make sure you have a roomy toe box for your shoe.

2. **Keep toenails trimmed**

Trimmed toenails help to reduce black toenails. Remember don't cut your toenails the night before a long run or race.

3. **Care for your calluses-** pumice them down

4. **Wear socks that are designed for wicking away the sweat**

Don't wear 100% cotton. Look for a blended sock that helps wick moisture away.

Suggestions to try are Injinji toe socks, Thorlos, CoolMax.

5. **Powder feet**

If you experience sweaty feet try powdering your feet to help reduce friction and absorb moisture. - Baby powder, corn starch, Gold Bond are all good sources to use.

6. **Lubricate your feet**

If you are still experiencing blisters you may try lubricating your blister prone areas with a lubrication product such as Glide or bag balm. This again helps with decreasing friction from shoes and socks.

7. **Taping**

Tape blister prone areas of your foot or toes with Johnson and Johnson Elastikon, Micropore or other paper tapes. Thin tapes are better to use because they don't bunch up too much and reduce skin tugging which can cause blistering.

8. **Bandaging**

Bandaging a blister helps to protect the blister from friction and tearing. Blist-O-Band, a bandage with a bubble on it, glides along your blister without friction and protects it from getting worse or tearing.

Care:

1. The blister is a sterile environment so try not to "pop" the blister, it reduces the chance of infection. If the blister is in an awkward location and draining it is necessary, use sterile implements to puncture it.

2. Clean blister- soap and water and apply an antibiotic ointment.

3. Cover blister with a bandage that acts like a second skin examples include:

Nexcare Tagaderm, Spyroflex, Second Skin.

4. Soak feet in Epsom salt bath to encourage healing.

5. If you are prone to blister:

Set up a blister care pack for your race with all the proper tools you use to treat your blisters and care it with you. Include things like tape, ointment, bandages, lubricant, Blist-O-Bands, etc.

6. Black toe nails- are blisters under your toe nails. Pressure can be relieved from the toenail by lancing the toe nails to drain the blister- SEEK medical doctor's care for these blisters.