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A Blister and Its Care by Alice Merry

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A very common and irritating problem that affects the feet is the blister. To care for it and treat it one should first be aware of what has caused it depend on what has caused them to occur.

First things first what actually is a blister? Blisters occurs when layers of skin separate and a pocket forms that gets filled with bodily fluid. This fluid is generally water but can also be blood or pus. There are many reasons for blisters to occur. They can for that matter also occur anywhere on the body.

The most common kind of blisters is the friction blisters. These blisters occur due to rubbing of skin against other materials. What actually happens here is that the upper layer of skin gets pulled apart forming a pocket which then gets filled with bodily fluids. The fluid is actually there to protect the underlying skin so that it can grow and the outer layer eventually dies out. If you can letting a blister heal on its own is the best thing to do to heal it. This takes a few days but it is worth the while.

However, if you want to treat one this is what you should know and do.

The ones caused by friction usually occur on feet due to ill fitting shoes. This as we all know makes it difficult to even walk.

To remedy this you could relieve the pressure caused by the buildup of fluid. When doing this caution and care for hygiene should be taken so as to avoid the introduction of bacteria or germs. To do this:

- Sterilize a needle by with alcohol. (First step of course is to wash your hands with an antibacterial soap). All this is done to avoid an infection

- now the side of the blister needs to be pierced with the sterilized needle

- take a clean cloth and wipe away the fluid

- cover it with a bandage so as to keep it clean

- taking care to keep the area as clean try to place the torn skin back on to the raw area, if possible.

- Apply an antiseptic cream

- use a blister pad to cover it

Do not remove this roof of skin (hanging top of the boil). This protects the wound from germs and bacteria.

To prevent them is much easier than having them and then treating them:

- try to avoid friction burns by wearing snugly fitting shoes

- keep your skin well hydrated and moisturized

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Alice Merry - About Author:
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