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All About Moleskin and Blisters by Alice Merry

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Although the Moleskin bandage has got nothing to do with a mole it is so named because it is made of a kind of fabric that has a soft and piled texture.

This bandage is made of heavy cotton. It has a twill weave which is sheared and brushed on one side so as to form a soft nap. It can however also be produced from synthetics. The Moleskin fabric is used to make garments and adhesive bandages.

Usually the moleskin bandage is used during physical activities so as to prevent blisters. It can also be used to alleviate already developed blisters. The moleskin bandage can be used on any part of the body. They are however used on feet the most.

The bandage is made of a soft, cushiony type of material which creates a layer of padding that is alleviated. This layer surrounds the blister in such a way that the blister is not covered. It is a very common bandage and is almost always found in first aid kits that have first aid supplies.

Moleskin bandages can be bought pre made or pieces of moleskin bandages can be bought to custom make a bandage.

It is not that difficult to make bandage out of un-made moleskin in fact it is very easy. All you need to do is take a small piece of moleskin fold it in half and then using scissors cut a circle out of the middle. Now when you are applying the bandage the blister needs to be placed in the cut out center of the bandage.

The most important is the raised area of the bandage surrounding the blister. This keeps the blister from rubbing on the inside of the shoe or other surface.

This is an adhesive type bandage with one of its sides peeling off to expose a sticky surface which can be stuck to and worn on skin.

You can also use a non-adhesive variety of this bandage. It will then need to be stuck using first aid tape. Fist aid tape is also usually found in all basic first aid kits.

The most important thing to understand is that the center of the blister should always remain open to air. This is regardless of the fact that the moleskin bandaged is stuck via adhesive or taped. This is done to let the blister can breathe and heal. These are actually best practices for healing a blister.

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