

Fast Facts

Blisters

- Forms when fluid is in between the epidermis (upper layer of your skin) and the other layers
 - Layer of the skin most susceptible to blister formation is the stratum spinosum
- When the layer pulls away from the tissues below, plasma-like fluid leaks from the cells and fills the gap that is created
 - Fluid protects and cushions the deeper layers of skin and encourages new growth and regeneration
- Can result from a variety of causes, such as friction, freezing, burning, irritation, chemical burns and symptom of a disease
 - Can be filled with serum, plasma, blood or pus
 - Most common cause of a blister is friction

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Raised fluid-filled bubble on the skin -Might be painful 	<p><i>Best Action:</i></p> <ul style="list-style-type: none"> -Leave intact <p><i>If too painful:</i></p> <ul style="list-style-type: none"> -Wash hands/blister gently with warm, soapy water -Clean sharp needle with alcohol -Make several openings near edge of blister -Allow fluid to drain before placing ointment and non-stick dressing over the blister 	<ul style="list-style-type: none"> -Avoid the irritant <p><i>Friction Blisters:</i></p> <ul style="list-style-type: none"> -Wear shoes that fit well and moisture-wicking socks -Change sock frequently if your feet get sweaty -Break in new shoes before wearing them for long periods of time -Use tape, padding or moleskin in any area that is rubbing inside your shoe -Wear gloves if you're participating in manual labor or a sport that requires you to hold something in your hands -For some sports, it can be a good idea to tape up your hands

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