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Blister Management Protocol

Management of plantar foot and toe blisters can be very challenging. Moisture control and preventing sheer force is most important.

1. Make sure shoes are laced up snug to prevent pistoning within the shoe. Change shoes if wet or damp.
2. Moisture wicking socks are recommended (i.e. Bombas) and should be changed frequently and any time that the feet are wet.
3. Apply Antiperspirant to the feet before activity
4. Apply Trail Toes Foot Cream (Trailtoes.com) to feet before activity

For Skin toughening

1. Tea/Betadine soaks 15 min daily, allow to air dry
 - a. 10 Tea bags, 1 Cup Betadine, ½ gallon water
 - b. Put into a basin for soaking
2. Apply Tuf-foot (Tuffoot.com) once daily for one week then apply twice weekly

For Active Blisters or Hot Spots

1. Fully dry the area (use rubbing alcohol to dry the foot)
2. Apply Mastisol Liquid Adhesive (Medcoathletics.com, Amazon) or Smith and Nephew Skin Prep (Amazon) around the area
3. Apply zinc oxide to open or active blisters
4. Apply and cover with a blister patch (KT blister patch)
5. Cover with Kinesiology (KT) Tape 3" or 4" (available on-line various sites)

