

# Idaho Falls Pediatrics

## **Foot or Hand Blisters**

### **What is a blister?**

A blister is skin injury that is usually filled with water. Blisters commonly occur on the feet or hands. They are most often caused by the hands or feet rubbing against something (such as using a tool for a long time or wearing hiking boots or new shoes).

### **How can I take care of my child?**

Do not open the blisters, since this increases the possibility of infection. They will dry up and peel off in 1 to 2 weeks. In the meantime, take the pressure off the area by placing a Band-Aid with a hole cut in the center over the blister. If the blister accidentally breaks open, trim off the loose skin. Keep the surface clean by washing it twice a day with an antibacterial soap (such as Dial or Safeguard). Apply an antibiotic ointment and a Band-Aid to help with healing.

### **How can I help prevent blisters?**

Avoid shoes that are too tight or too loose. If your child frequently gets blisters on one toe, cover that spot with petroleum jelly before athletic activities to decrease the friction (rubbing) on the spot. Friction can also be reduced by wearing two pairs of socks.

### **When should I call Idaho Falls Pediatrics?**

Call during office hours if:

- The blister looks infected.
- You have other questions or concerns.

\*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call 911 or call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.