

Blisters

Walk away from blisters

If blisters are a common occurrence on your feet and affect your daily activity, it's time you visited My FootDr for help.

A blister is a small pocket of fluid within the upper layers of the skin. The fluid is commonly lymph, serum, plasma, blood or pus. Blisters are typically caused by forceful rubbing (friction), freezing, infection or burning.

Any sport, activity, or work can lead to skin friction, shearing or abrasion and lead to blisters and are an acute response to high levels of stress on the skin.

If you are wearing ill-fitting or tight footwear, this could lead to the trauma of blisters, making walking and daily activity painful and uncomfortable.

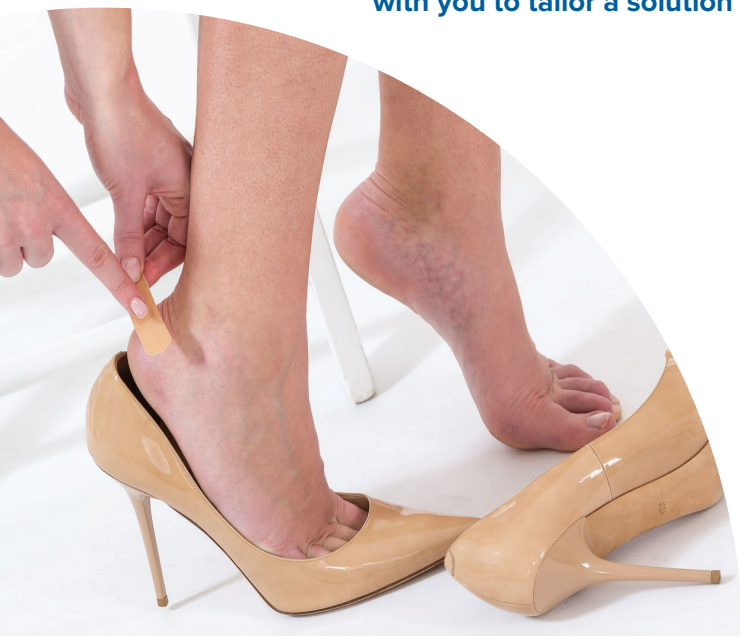
How we help

The best course of action when treating a blister is to visit a podiatrist to examine and correctly diagnose your symptoms as a blister. Before visiting your local My FootDr podiatrist it is important to keep the area clean and not pierce the blister to avoid infection. If the blister is small (less than 5mm in diameter) with no signs of infection it can be covered with a protective padding to relieve pressure to prevent further abrasion.

If shoes are the cause of your blistering, changing footwear to a better fitting pair will avoid recurrence. A biomechanical assessment will determine whether the way you walk, and run could be causing blistering due to biomechanical abnormalities.

If abnormalities are causing blistering, your podiatrist can prescribe custom orthotics to prevent further blistering and future issues. If you have a condition which effects your feet, such as diabetes it is important to seek professional assistance from a podiatrist when blistering occurs to avoid other serious complications.

At My FootDr, we believe healthy feet lead to a happy, active lifestyle. We aim to treat, but more importantly prevent foot related injuries in our patients. When you present with blistering, we work with you to tailor a solution that is individualised to your needs.



**Book an appointment with
our podiatrists today**

Call 1800 FOOTDR
myfootdr.com.au



MyFootDr.

Healthy feet. Better lives.