

FACT SHEET SIXTEEN: Blisters

16.

I've just brought several pairs of winter shoes and boots, all of which have given me blisters – why do they occur and what can I do to prevent them?

Profoot's Foot Doctor, William Hutchings of the Diss Podiatry and Chiropody Clinic, Norfolk says:

Blisters occur when feet get hot and perspire, making the socks (or tights) stick to the feet. The sock and foot then rub against each other and the inside of the shoe. Fluid fills up a space between layers of skin to protect the area – rather like a small balloon. This is how a blister forms!

It is important that you leave the blister alone, most of the time the fluid will re-absorb and then heal on its own. If it becomes infected please visit your doctor.

An ideal protector for sore areas is **Profoot's new multi-use gel padding** – it can be trimmed to fit any area of the body which is threatened by rubbing and pressure. It will conform to the contours of your body and is self adhesive so can be applied to either the skin or the inside of footwear for instant relief.

In order to combat perspiration try **Profoot's Double Cushion** - a full length insole it will help to keep feet dry by absorbing perspiration. Airflow is also improved by special ventilation and the extra thick cushioning provides double the comfort.

If rubbing are a problem on the toes try **Profoot's Corn Wraps**, which can be used to protect the tender area from blisters occurring whilst the medical grade mineral oil in the gel will help to soften hard skin.