

5 STAGES OF BLISTER MANAGEMENT



NO BLISTER



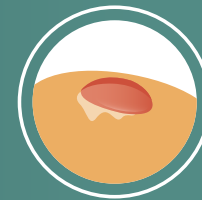
HOT-SPOT



ROOF INTACT



ROOF TORN



DEROOFED



If the unexpected happens, you might feel a hot-spot.

If you don't stop and act, you'll get a blister.

If you don't protect the roof, it will tear.

If you don't protect the roof, it will deroof.

BUILD A BLISTER PLAN

STOP IMMEDIATELY!

PROTECT THE ROOF

PREVENT INFECTION

DON'T LET IT SCAB

In the weeks and months leading up to your event, research and experiment with prevention strategies to build a blister plan.

The hot-spot stage is brief and the sensation subtle. Stop immediately and do something! If you feel a sting, you're too late.

The best thing about this blister is it can't get infected – the intact blister roof is keeping germs out. Protect the blister roof!

As soon as the roof tears, the alarm bells should start ringing – your blister is open to infection. Prevent infection!

A deroofed blister is more painful, more open to infection and takes longer to heal. Provide an optimal healing environment.

ACTION

- Make a prevention plan for the blisters you think you'll be troubled with. Have it in place before you start.
- And make a plan for blisters where you've never had them before.

ACTION

- Take your shoe off and look. What's going on in there?
- What do you have planned for this blister location? Implement that prevention plan!

ACTION

- Island dressing.
- Implement your prevention plan to stop the blister-causing forces.



ACTION

- Antiseptic.
- Island dressing.
- Monitor regularly for infection.
- Implement your prevention plan to stop the blister-causing forces.



ACTION

- Same as previous.
- Instead of an island dressing, consider a hydrocolloid.
- Don't forget your prevention plan to stop the blister-causing forces.

