

- Foot—care

Prevention and Treatment

The Freeman · 4 Apr 2022 · 10 · By Yasunari Ramon Suarez Taguchi

After practically two years of not wearing office shoes and with the return to office shift, foot blisters are something many office workers have been experiencing of late. Here are tips on how to prevent foot blisters from happening, and some basic treatment once these occur:



Prevention. A type of skin irritation, blisters are often caused by chafing, particularly when clothes rub on areas of the skin. As such, the most direct and practical way to prevent blisters would be to prevent instances when clothing articles chafe the skin, and to have an understanding on how sensitive one's skin is.

In the case of foot blisters, protecting the feet would be the best preventive measure. This can be done by wearing moisture-wicking socks and making sure that the shoes aren't too tight. When wearing socks are not applicable (say, for ladies who have to wear two-inch heels at work), there's the option to apply soft bandages or adhesive moleskin on sensitive areas of the feet.

Applying powder or petroleum jelly on problem areas can also lessen instances of blistering, though this may lead to foot-hygiene issues if the footwear isn't regularly cleaned.

Treatment. Most blisters tend to heal naturally within a week or two, but this doesn't mean that there are no treatment options for these. Loosely covering a foot blister with a bandage would be the most basic treatment option, as this prevents a blister from further chafing, thereby prevent possible infection.

Using padding also helps deter further chafing for foot blisters, particularly those in pressure areas like the soles of one's feet. Keeping the blistered area clean and covered for a time helps to heal it better.

Dermatologists advise against popping blisters, since this could lead to infection. Should the pressure of a blister get too uncomfortable, dermatologists suggest using a properly sterilized small needle to drain it from its side.

Also taking out the 'roof' of a blister is not a good idea, dermatologists say, since this layer of skin provides protection for the raw layer of skin underneath it. Keeping a blister's roof on also makes for faster healing.