



Blisters

Description/Introduction

Blisters are painful, raised areas of skin filled with clear fluid or, sometimes, blood. They are usually caused by too much friction, or rubbing, on the skin.

What to Look For

Before a blister forms:

- There may be a hot spot, which means the area may be tender or sore, and the skin may be red.

Care

- Reassure the child or infant.
- Remove the item that has caused the blister. (For example, remove the shoe and sock if the blister is on a foot.)
- Do not puncture, drain or cut blisters that are not broken.
- Cover with thin gauze and apply a bandage.
- Have the child wear a different pair of shoes if the blister is on a foot.
- Discuss any care provided with the parents.

If a blister is broken:

- Wash the skin with soap and water.
- Apply an antibiotic ointment or cream.
- Cover with thin gauze and apply a bandage.