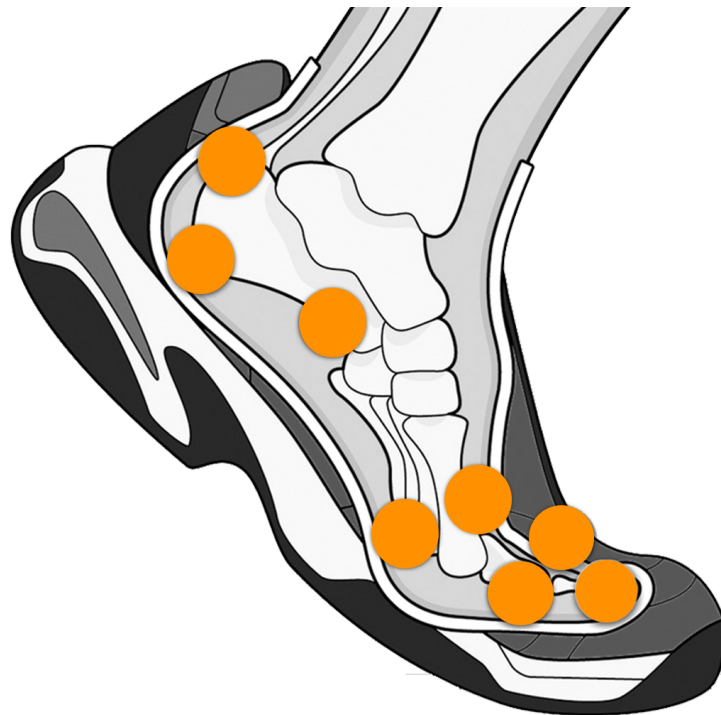


# Blister Treatment

## BLUEPRINT 2.0

*5-Step System To Treating Painful Messy Foot Blisters And Preventing Them From Infection*



*"Blister treatment is a skill the majority of people get wrong.  
It's very easy to make a bad situation worse."*

*~ Rebecca Rushton BSc(Pod)*

## Got a painful blister right now? Not sure what to do with it?

Do you suffer from painful blisters on a regular basis?

Do blisters prevent you from enjoying your favourite sports and activities?

Are you about to engage in an activity where there is a high risk of you getting blisters to your feet such as a long-distance endurance event or trek?

*Prevention is always better but if you find yourself suffering from blisters, my blueprint will help you get back up on your feet.*

## I've been treating my own foot blisters for years!

It wasn't until I realised exactly what was causing my blisters, that I could then prevent them from happening.

## 5 Step System

As a podiatrist and foot care volunteer at ultramarathon events, I see the worst blisters that need the best treatment to keep the athlete running.

Watch the video and follow this blueprint to help you choose the best dressing for your blister and prevent infection without delay.



Click to play

### On the video you'll learn how to:

STEP 1: Identify Your Blister Stage

STEP 2: Apply an Antiseptic

STEP 3: Choose The Right Dressing

STEP 4: Change Your Dressings At The Right Time

STEP 5: Monitor Regularly For Infection

## To give your blister the right treatment we need to know what stage it's at



A blister will start off with his roof intact. How long it remains intact is subject to many variables. On the bright side, the best thing about an intact blister roof - if there is a good thing about a blister - is it can't get infected if it stays like this. Because the roof is intact, and that skin is keeping the blister fluid in AND keeping germs out. So protecting the blister roof is our main concern right now by putting an island dressing on it – maybe a Bandaid or Cutiplast – anything where there's an absorbent, non-stick pad surrounded by tape on all sides. Just make sure there's no tape on your blister roof. I mean, you don't want to rip the blister roof off when you take it off so make sure there's nothing sticking to the blister roof.

**All in all, the aim of treating this blister is to protect his roof.**

## What happens if you don't protect your intact blister roof?



It will tear. And that's where the alarm bells start ringing. Because as soon as it tears, it's open to infection. So we need to do everything we did for the last blister. PLUS, now we need to use an antiseptic to kill any germs lurking around. I prefer a liquid for this rather than a cream or ointment. Betadine or povidone iodine is my favourite. AND we need to monitor it closely for signs of infection. And a quick tip - Ideally, keep the torn blister roof in place because that skin provides some protection to the raw blister base.

**All in all, the aim of treating this blister is to prevent infection.**

## Now what happens if you don't do enough to protect your torn blister roof?



His roof will rub right off and you'll be left with a red raw sore called a Deroofed blister. A deroofed blister is more painful, more open to infection and takes longer to heal. So do all the things you did for the last blister, but now there's a focus on healing. Because we need strong, flexible, resilient skin to grow back over that raw blister base. That's what your dressing provides - a moist wound environment. You can use an island dressing for this blister. But a hydrocolloid like Compeed is the dressing of choice for these blisters.

**All in all, the aim of treating this blister is to get good skin healing.**

# Now it's your turn to implement the 5 step system for your blister

## STEP 1: Identify Your Blister Stage

Take a close look at your blister roof right now. Is your blister roof intact, torn or deroofed?

## STEP 2: Apply an Antiseptic

If your blister is torn or deroofed, your blister will need an antiseptic to prevent infection? Povidone iodine (eg: Betadine) is the most popular antiseptic. I prefer a liquid because it can soak into all the nooks and crannies, rather than just sit on the surface like an ointment does. I recommend either the single use swabs (they're light, low bulk and single use) or the 15ml bottle (has a built-in eye-dropper lid). Or you can use an antibiotic ointment like Neosporin. If you don't have access to either, at least rinse your blister with saline (salty water) or clean running water.



Disinfect or clean your blister

**STEP 3: Choose The Right Dressing**

If your blister roof is **intact** or **torn**, you'll need an **island dressing**. If your blister is **deroofed**, you'll need a **hydrocolloid blister plaster**.

Watch the following videos to learn more about what these dressings look like, how to apply them and how to avoid the common mistakes.



[Click to play](#)



[Click to play](#)



## STEP 4: Change Your Dressing At The Right Time

### ISLAND DRESSINGS:

Most island dressings are not waterproof. They need to be changed when you see strike-through. Strike-through is when the island is visibly soiled with blister fluids or water from the environment (eg: showering, rain, puddles). Once strike-through occurs, it provides an easy path for bacteria to pass through the dressing and into your blister to cause infection. Depending on many factors, you may need to change your dressing anywhere between every hour to once a day.

### HYDROCOLLOID BLISTER PLASTERS:

Hydrocolloid blister plasters are waterproof. They only need to be changed when the white bubble reaches the edge of your plaster. At that point, germs have an entry point under the plaster and into your blister. Here's a visual example of the white hydrocolloid bubble forming.





Depending on how weepy your deroofed blister is, this could take anywhere from a few hours to a week. It's perfectly fine to leave a hydrocolloid on for a week.

If however your blister is very weepy and requires dressing changes any more frequently than 24 hourly, use an island dressing (changing it frequently) until your blister weepiness reduces. Otherwise you're just wasting these premium plasters.

### **STEP 5: Monitor Regularly For Infection**

Your blister could take a week or more to heal. So at least at every dressing change, be sure to take a good look at your blister and the surrounding skin for signs of infection.

## Signs your blister may be infected include:

- Pus – the blister fluid will be more yellow than clear (see image below)
- Increased pain, swelling, redness, warmth
- Red streaks extending from the blister (medical urgency required)



**This is what an infected blister looks like (below).  
The yellow blister fluid is actually pus, not normal clear blister fluid.**

# Well Done!

**You've successfully completed the basics of excellent blister treatment.** You can now be confident you're making your blister better (not worse) because you:

**STEP 1: Accurately identified your blister stage**

**STEP 2: Applied an antiseptic**

**STEP 3: Chose the right dressing**

**STEP 4: Changed your dressings at the right time**

**STEP 5: Monitored it regularly for infection**

Not everybody gets this right. So pat yourself on the back... you're off to a good start!

The next thing you have to do is stop the blister-causing forces. If you don't, you'll undo all the good work you've just done.

## **Now you need to implement blister prevention!**

Yep, the exact thing you could have done to prevent the painful blister from ever happening.

And the great thing is, when you combine it with the treatment you've just provided your blister, it's the **only thing that will take the pain out of your blister** and accelerate healing.

Here's an example of the effect treatment PLUS prevention can have...

## Treatment + Prevention

I met Matt at a 48 hour ultramarathon in Adelaide Australia in 2014. He was on the verge of pulling out of the race with a couple of extremely painful blisters under the ball of one foot.

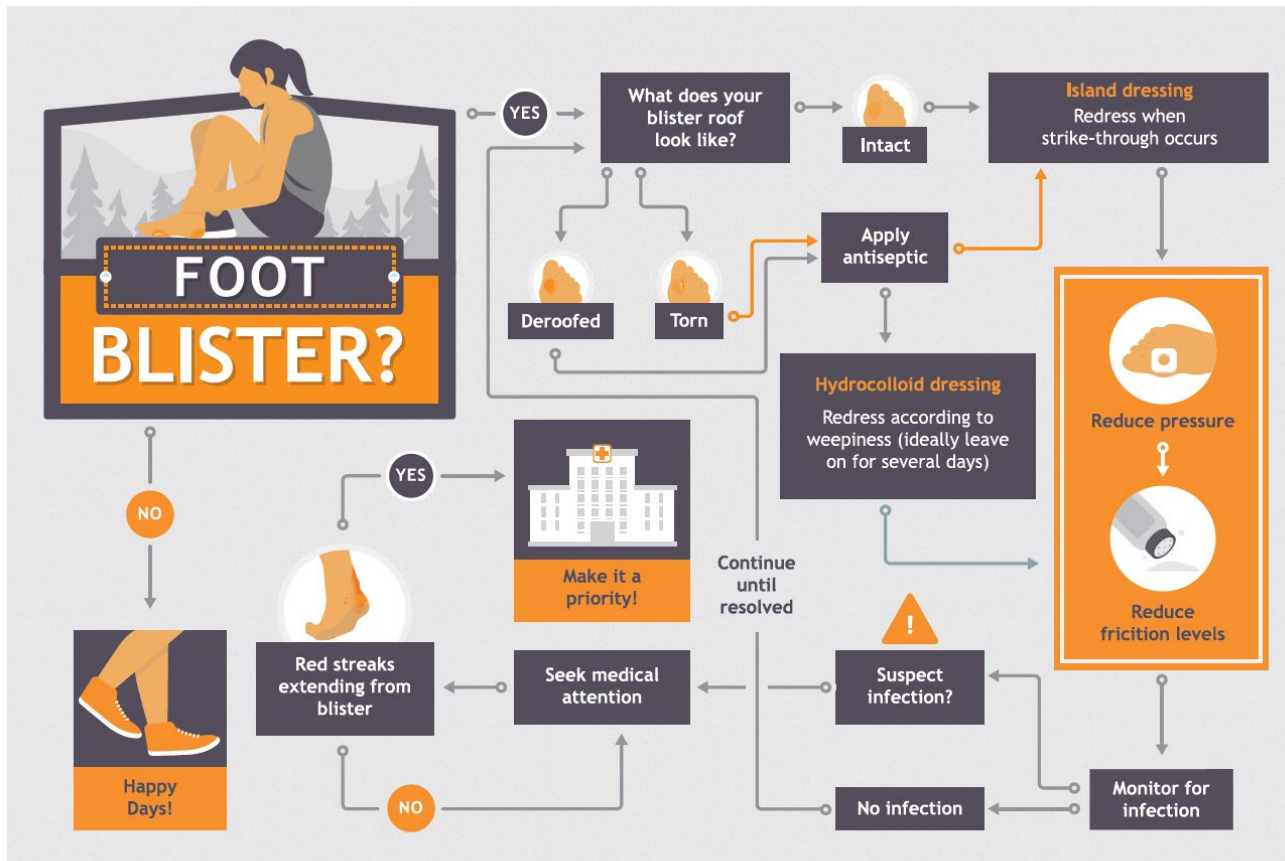
*After enduring a scorching bitumen surface for 135km, I had developed 2 x 20c coin-sized blisters under the forefoot of my right foot. After all the various, typical 'blister remedies' suggested by the collective experience on the track, it become such an issue I could not even stand on it, let alone move. My race was done! Next morning after throwing in the towel, I was convinced by another runner to go see Rebecca at 8am. Certain that it wouldn't make any difference, I hobbled my way over to her tent to present my dilemma.*

*At 8:10am, Rebecca had finished with my foot. I stood, and could noticeably tell the difference immediately. I could walk! I decided to shuffle around for one lap to test it out. By the back straight I was unable to feel any discomfort in the area and had returned to a full run.*

*Without Rebecca's treatment, my race was over. In the final 3.5hrs of the race, I was able to put on another 34km to the tally due the treatment.*

This type of effect only ever comes when you incorporate "prevention" techniques **with** "treatment". Here's what that looks like.

# Combining the treatment system you've just learned with prevention techniques



## How To Take The Pain Away And Heal Faster

You now know how to do everything in this graphic... except for what's in the orange box on the right. These are the important methods and products of blister prevention. They're the things that took Matt's pain away so he could run another 34kms pain-free.

*Add these to your treatment to take the pain away and heal your blisters faster, even while you continue to run, walk and play!*

The good news is... this is easy to do with my  
**"Fix My Foot Blisters FAST"** online fast action plan.

## Designed for athletes & active people

This **fast action plan** was specially designed by me to help active people and athletes whose lives and performances are disrupted by painful and messy blisters on their feet. For example:

**Marathon runners** who are training for their next race (or their first race). They follow their training plan diligently so they can be at peak condition on race day and can't afford for blisters to interrupt this. Marathoners use the **Fix My Foot Blister FAST** Action Plan to maintain their training momentum as they build towards race day.

**Ultramarathon runners** too. Because training can never accurately simulate race conditions so they're often caught by surprise with blisters. Whilst they can stop during the race to manage their blister situation, they're time-sensitive. Having the right gear and knowing how to apply it to their situation, right there and then, is critical. **Fix My Foot Blisters FAST** is an ultrarunners Action Plan both in training and during their event.

**Long-distance walkers and thru-hikers** are often miles from anywhere and without medical assistance. Packing light is crucial so they need to know which products provide the highest capabilities for the least bulk and weight - so they're not carrying unnecessary excess - while at the same time, carrying enough of what they'll need. The **Fix My Foot Blister FAST** course provides this knowledge AND acts as a go-to guide for troubleshooting blister issues on the way.

## You'll learn how to:

- Take the pain out of your blister so you can get active again
- Accelerate blister healing so your skin recovers faster
- Plan how to prevent future blisters anywhere on your feet
- Identify the best gear for your blister care and where to get it

You'll discover the **14 blister gear categories** and have a better understanding of what is best for your blister and how to use it.

I show you the **15 most common areas on your feet** you will get a blister and how to prevent it from happening.

The **5 step blister treatment system** you've just learned

This blister prevention resource is packed with **21 short video tutorials** that you will always have access to on your computer tablet or phone for when you are on the go.

**Discounts** on premium blister products at several online stores.

It's all in the online FAST Action Plan called **Fix My Foot Blisters FAST**.

## Fix My Foot Blisters FAST!

To find out more about **Fix My Foot Blisters FAST** and to enrol, click the button below.

[\*\*FIX MY FOOT BLISTERS FAST\*\*](#)

