

## TRAINING TIP #3

# BLISTER PREVENTION AND CARE

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The direct result of a friction rub, blisters can be caused by pressure in the shoe or moisture from perspiration. Staying well hydrated throughout the Susan G. Komen 3-Day® is important for all aspects of an injury-free walk, and this includes blister prevention. Dehydration allows the skin to fold on itself and create a friction rub. Proper shoe and sock selection also are key to preventing blisters. Hot spots are places on your feet where you feel tenderness, pressure, heat or pain.

If you feel a hot spot during a training walk, stop and change your socks. Increase protection over that area by applying moleskin, second skin or a bandage. Moleskin should not be removed until the end of the walk to prevent peeling off of the skin. Be sure there are no creases in the bandage, which could cause friction.

If you develop a blister, try not to pop it. Blisters are nature's way of creating a protective cushion and protect the skin from infection. Small blisters should be covered with a square of second skin and an adhesive bandage or a corn pad. Do not leave second skin on overnight as it will dry out and can irritate the skin.

For large painful blisters, clean the blister with an alcohol pad and have a medical professional drain it with a sterile needle. Be sure to keep the open blister covered with antibiotic ointment to prevent infection. Benzoin liquid, New Skin® or Tuf-Skin® spray are sometimes used to "toughen" the skin at problem areas. Try this out before the Komen 3-Day. Do not get a pedicure or try to remove calluses before the event or long training walks. Do not wear toe rings on your long walks. The heat may swell your toes and feet, decreasing their blood circulation.