



Sr. A Williams

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Dear L2L Walker

Treatment of blisters on feet during hiking tours

The repetitive movement of walking, running, and hiking, can lead to foot blisters due to pressure and sheering forces. Prevention is paramount, so wearing proper hiking shoes and socks, and also ensuring the shoes have been properly worn-in, is essential.

However, blisters do happen. It is recommended that a blister should be left alone, and that the person should refrain from the causative action – but this is obviously not going to be attainable during a long hike. The next best method of treatment is the following:

- Wash the feet with soap and water
- Clean the blister and surrounding skin with rubbing alcohol
- Make a small hole at the edge of the blister, and express the fluid. **DO NOT DEROOF** the blister. If the blister deroofed by itself, clean the wound well with clean water/saline. Gently align the loose skin over the wound, cover the wound as stated below.
- Cover the blister with a durable, soft plaster/dressing that can absorb moisture, and protect the area against more injury.
- If the open blister turns red, more painful, and has purulent exudate, please apply an anti-microbial such as Inadine gauze (but check for iodine allergy before application). Put a dressing/plaster on (as stated above) over the anti-microbial.

Lastly, it is important to note that the treatment with injectables into blisters are considered outdated by the Wound Healing Association of South Africa, and may cause various complications such as infection, allergic reactions, and chemical burns.

Kind regards

A handwritten signature in black ink, appearing to read 'Adri Williams', written over a horizontal line.

Sr. Adri Williams