

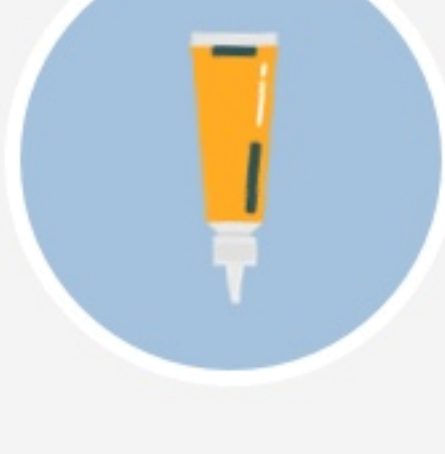
BASIC BLISTER CARE

3 STEPS FOR HOW TO TREAT A BLISTER



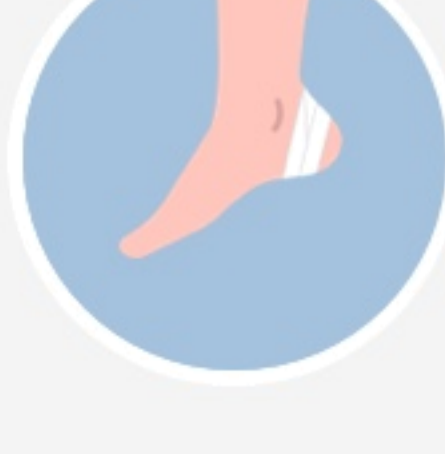
STEP ONE

Wash the area gently with mild soap or an antiseptic wash.



STEP TWO

Gently apply antibiotic cream or ointment.



STEP THREE

Bandage the blister.



WHAT TO PUT ON A BLISTER:

TREATMENT FOR OPEN BLISTERS



TREATMENT FOR BLISTERS ON FINGERS

BAND-AID® BRAND FLEXIBLE FABRIC BANDAGES FOR KNUCKLES & FINGERTIPS.

A flexible bandage that will allow your fingers to move without disrupting your blister.



TREATMENT FOR BLISTERS ON FEET

BAND-AID® BRAND HYDRO SEAL® BLISTER HEEL CUSHIONS

Waterproof bandages provide cushioning against painful blisters & shield heels from rubbing.



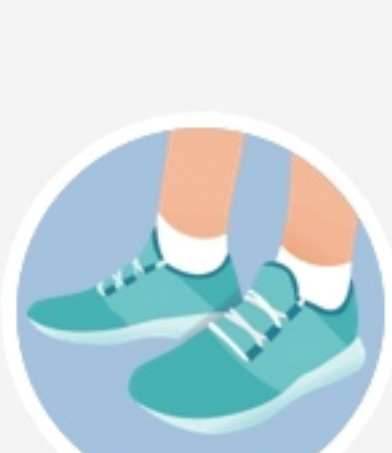
TREATMENT FOR BLISTERS ON TOES

BAND-AID® BRAND HYDRO SEAL® BLISTER CUSHION SMALL

A small patch that can wrap securely around your toes and provides multiday protection.



HOW TO PREVENT BLISTERS:



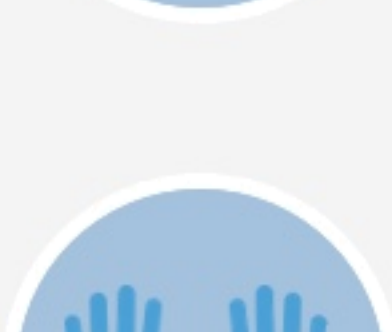
FEET

- Make sure your shoes fit properly.
- Wear socks to reduce the rubbing.
- Add insoles to give your heels more cushioning.



HEELS

- It's really important, so we'll say it again: make sure your shoes fit properly!
- Wear new shoes in before wearing them.



HANDS

- Wear gloves to protect your hands if you plan on doing a lot of hand-based work.



BLOOD BLISTERS

- Wear gloves or protective clothing when working with pruners.
- Stay alert when using tools that might pinch.



HEAT BLISTERS

- Use sunscreen to protect your skin.
- Take care when dealing with hot items.