Blisters

Blisters, which are fluid filled sacks within two layers of skin will occur with a wide range of medical conditions. The most common causes of isolated blisters are: physical irritation/trauma (repeated friction to the skin surface). If you have a blister from burns, allergic reactions, severe sunburns, and insect bites, you should ask to see a triage nurse now.

Self Care Instructions:

**For Unbroken Blisters:**
- if blister is due to irritation, remove the source of irritation
- do not purposely break the blister. The skin over the blister is the best defense against infection. The fluid within the blister will gradually be reabsorbed by the body.
- apply a band aide to protect the blister
- if multiple blisters as a result of sunburn, insect bites, allergies, etc., seek the care of a health care provider.

**For Broken Blisters:**
- cleanse blister with warm soap and water two to three times per day
- do not remove the skin covering the blister. This skin is the best defense against infection. As the wound heals, your body will shed this skin, much as it does a scab.
- after cleansing the wound, apply an antibiotic ointment and band aide
- if multiple blisters are broken as a result of sunburn, insect bites, allergies, etc, seek the care of a health care provider.

**Watch for signs of infection:**

*If you see any of these signs, make an appointment to see a health care provider as soon as possible.*
- increased warmth of the blister (open or closed) compared to surrounding skin
- redness
- swelling
- pain
- pus (white to yellow to green drainage)
- blister is getting larger
- any appearance of the blister(s) that may have you concerned

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Self Care for Blisters