

Name of Child: _____ Date: _____

Blisters

What is it?

A blister is an irritation of the skin caused by a minor burn or rubbing. The skin may have rubbed against something like a shoe, handle, or garden hoe.

Signs:

- Clear or bloody fluid under a raised layer of the skin.
- It is usually a circle, sometimes with a red ring around it.
- Painful when touched or rubbed.

Do at home:

- Do not break or open the blister. This makes it more likely to get an infection. Instead, wait until the fluid in the blister absorbs back into the skin. The blister should heal in about 5 days.
- Wash the blister and the area around it with soap and water every day.
- If the blister breaks open, wash it with soap and water every day. After washing, put an antibiotic ointment on the blister, and cover with a clean bandage.



Wash the blister and the area around it with soap and water every day.

Call the doctor or clinic if:

- The blister has pus or the area around the blister gets red or swells up. This could mean the blister is infected.
- You see red streaks along the skin that start at the blister. This could mean the infection is spreading.
- The blister does not heal in seven days.
- The blister is caused by a burn. The doctor may need to clean out the area to help it heal faster and prevent a scar from forming.

You should know:

- You can prevent blisters on the hands by wearing gloves.
- Shoes that are too tight or too loose can cause foot blisters. You may be able to prevent a blister from forming by wearing 2 pairs of socks or rubbing petroleum jelly on the spot that is being rubbed.



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
www.phoenixchildrenshospital.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

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• Illustrated by Dennis Swain



Blisters

First Aid and Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 632
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No
easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No
If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!