



## DERMATOLOGY AND SKIN CANCER INSTITUTE

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### Medical Feature: Blisters

Most people will experience a blister or two over their lifetime. A blister is basically a fluid filled bubble that forms when the top layer of the skin known as the epidermis separates from the deeper levels of the skin. They can be caused by friction, burns (heat, sun, or chemicals), exposure to cold temperatures, and infection. Some times blisters are a also a symptom of certain diseases. The purpose of the blister is to protect the skin below it - preventing further damage and allowing the area to have time to heal. The blister can be filled with an amber colored fluid called serum or blood or pus - depending on how the blister is formed. Frictional forces are the most common cause of the formation of blisters like wearing tight or ill-fitting shoes or doing simple repetitive things like walking or running. Hands are feet are the areas that seem to be most vulnerable to the formation of blisters especially since these areas are subject to repeat frictional forces.

Most blisters will self resolve. The skin under the blister will heal and the fluid will resorb and usually the top of the blister becomes dry and will shed. We recommend that you leave the blister alone and intact since it is in fact it's own bandage and is acting as protection from infection. If the blister is too large or in an area that is inconvenient to have a blister it can then be ruptured by first cleaning the area with soap and water then inserting a clean, sterile needle into it and gently pushing on it to allow the fluid to seep out onto a clean dry gauze or cloth. Once the blister is collapsed then an ointment like Vaseline or Aquaphor or an antibiotic ointment should be used across the surface and a band-aid placed over it to prevent pain and infection.

Blisters can be prevented if doing things to reduce the friction across the area. Simple things like wearing proper fitting and comfortable footwear and socks can prevent blisters on the feet. Physical barriers like tape, moleskin or padding can be utilized as well in prevention and make blisters less likely to form in response to the repetitive trauma across the prone areas like feet and hands. If you think that the blister is infected we suggest you schedule a visit with your provider to advise you if any further treatment is needed.

### Product: Zerafite Hydrating and Protecting Eye Serum

Zerafite Hydrating and Protecting Eye Serum is an amazing eye product! The MLE (multi-lamellar emulsion) formulation helps protect skin from becoming dry with a blend of natural hydrating ingredients. This eye serum helps fight wrinkles and fine lines, lighten dark circles, and keep the skin ultra-moisturized due to ingredients like ceramides, glycerin, niacinamide and licorice root. Zerafite Hydrating and Protecting Eye Serum can be used on all skin types - even those who tend to be sensitive.



Customized  
**Skin Care Regimens**  
based on your skin type

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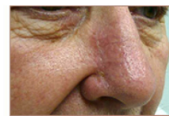
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Here is what Christine says about us !

“

*I've seen both docs at different times and was impressed by their professionalism and expertise. Dr. Saxena is calm and confident and puts her patients at ease. Dr. Kasper is very knowledgeable and has a good sense of humor. The entire staff is friendly and I was in and out on time!*

”

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We are always trying to improve our services and we value your feedback.

Would you take a couple of minutes to provide us a feedback

[Click here](#)

Thank you for being a valued patient!

**Dermatology & Skin Cancer Institute**

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