

Blister Care

Blisters on rowers are a common occurrence especially on the inside of the hands where there is friction from the oars. It's important that blisters are properly cared for to prevent infections. Ultimately, these areas prone to blistering will toughen and calluses will develop lessening the likelihood of future blisters.

Follow the steps below if you should develop a blister:

Rule #1: Avoid breaking the skin over the blister.

1. The skin is the first line of defense for keeping bacteria out of the wound.
2. Keep the area clean with soap and water.
3. If the blister is going to be agitated, protect the area with mole skin by cutting out a ring to place around the blister. Secure the mole skin ring with gauze and tape, or a bandage.
4. Check with your coach for help with blister care/management.

Rule #2: If a blister turns to an open wound:

1. Keep the area clean with soap and water. Hand washing is critical. Hydrogen peroxide is an alternative cleanser.
2. After cleaning thoroughly, dry the blister and apply a topical antibiotic cream/ointment.
3. Cover the blister with bandages when in public areas and at workouts.
4. Watch for signs of infection: redness or swelling around the blister, pus or oozing. If a fever or flu like symptoms should develop seek medical attention immediately.
- 5. Keep your coach informed of your blisters, especially any that don't heal.**