



**BLISTER FORMATION IS NOT WELL UNDERSTOOD BUT THEY CAN BE DEBILITATING AND PAINFUL AND LITERALLY STOP YOU IN YOUR TRACKS. PEOPLE NEED TO LOOK AFTER AND MANAGE THEIR SKIN.**

Emma Supple, Consultant Podiatrist



- A blister is a small pocket of body fluid – lymph, serum, plasma, blood or pus – within the upper layers of the skin.
- Blisters are typically caused by frictional forceful rubbing known as shearing.
- Shearing is where inflammation – caused by repetitive rubbing – causes small tears in the skin.
- The body sends fluids to fill this opening and protect the more delicate, underlying tissue layers.

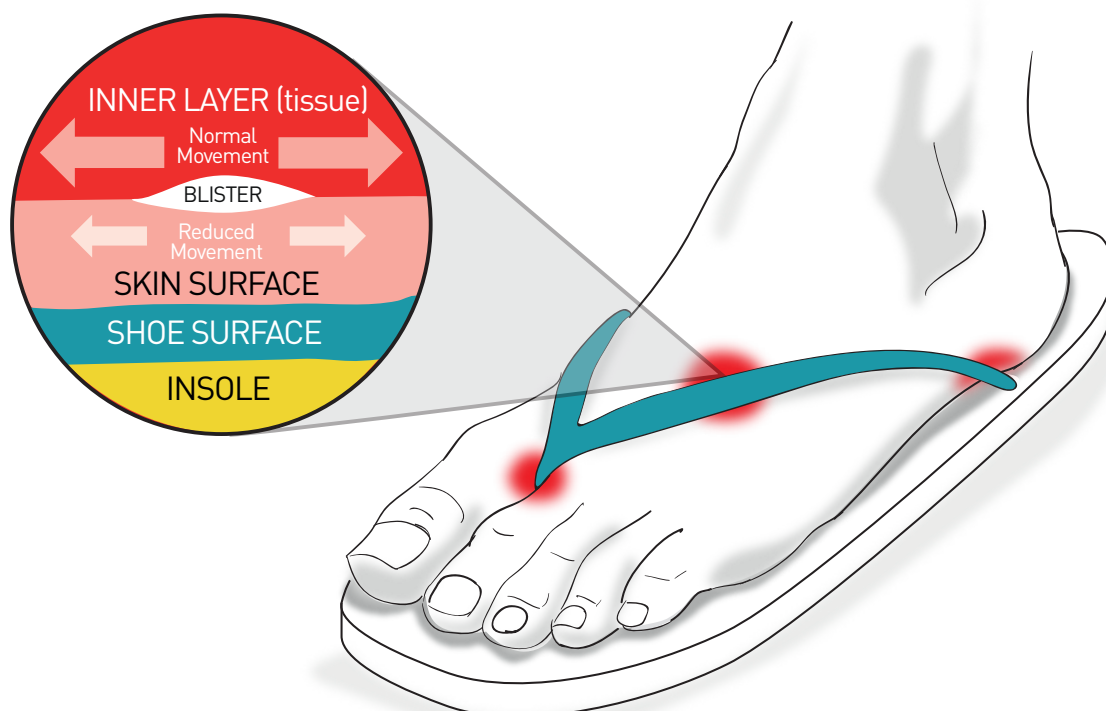


The word blister entered English in the 14<sup>th</sup> Century. Thought to have derived from the Middle Dutch word 'bluyster' which was a modification of the Old French 'blostre' which meant a leprous nodule

(Ref: <https://en.wikipedia.org/wiki/Blister>)

## Top Tips to **PREVENT** blisters from Emma Supple, Consultant Podiatrist

- Keep skin in good condition
- Scrub your feet clean with a nail brush and soapy water
- Moisturise your feet properly with a 10% urea cream last thing at night
- Dry skin is more prone to blisters because of cracking
- Be shoe savvy – use the right shoes at the right time e.g. walking boots for walking, dancing shoes for dancing, trainers for running and don't walk too far in too high a heel
- Remember feet swell up to half a size when they get warm so summer shoes should be bigger than winter shoes
- Carry a Compeed blister plaster in the credit card section of your purse just in case
- When you feel the "red flag" warning signs of a blister coming – the tingle moment, the raw patch, the heat – stop walking if you can!
- Pain is a warning sign and is the protection threshold telling you to stop
- If you know you have got an area that could become raw and sore you need to protect it so damage doesn't occur
- You can wear Compeed before a blister comes to give yourself the best possible protection

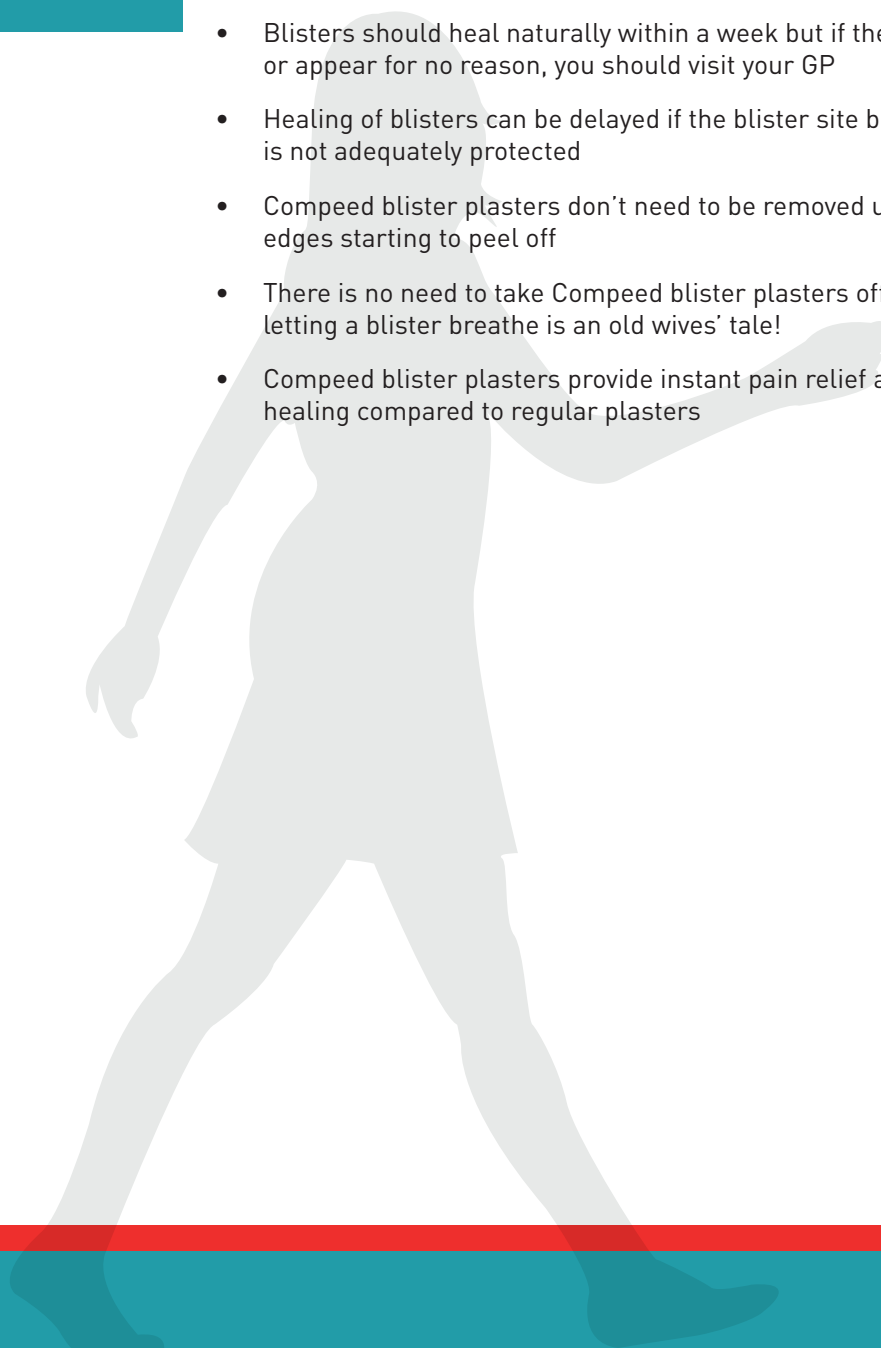


**22% of UK population (18-65 years) suffer from foot blisters annually**

(Ref: HRA Pharma data on file)

## **Top Tips to TREAT blisters from Emma Supple, Consultant Podiatrist**

- Take the pressure off your feet
- Cool them down – in ice water if possible – and then dry thoroughly
- Cover the blister with a Compeed plaster ensuring the area is well covered - if in doubt, choose a large plaster
- Applying Compeed can help prevent further progression of the blister as the cushioning layer forms a barrier against further shearing
- If your feet are going to continue to be under the same forces e.g. you are running a marathon or doing a long walk, you need to ensure you tape up damaged and surrounding areas
- Blisters should heal naturally within a week but if they become infected, or appear for no reason, you should visit your GP
- Healing of blisters can be delayed if the blister site becomes wet, dirty or is not adequately protected
- Compeed blister plasters don't need to be removed until you see the edges starting to peel off
- There is no need to take Compeed blister plasters off at night – the idea of letting a blister breathe is an old wives' tale!
- Compeed blister plasters provide instant pain relief and 20 per cent faster healing compared to regular plasters



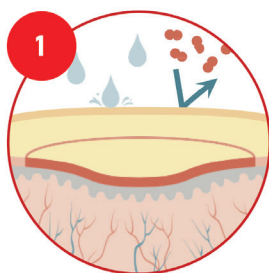
**97% of women would recommend Compeed**

(Ref: HRA Pharma data on file)

## About Compeed

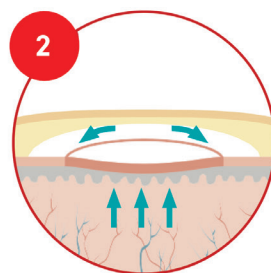
- Compeed plasters seal a blister by forming a second skin and, as they won't rub off and are sweat and waterproof, they provide instant pain relief, superior adhesion and 20 per cent faster healing compared to regular plasters
- Compeed helps protect the wound from harmful bacteria and dirt
- When applied to the blister, Compeed starts to absorb body liquids and seals the blister, forming a second skin
- Compeed prevents the blister from developing further and helps new skin to grow
- The cushioning relieves pain and protects the blister from further shearing
- The Compeed blister range is available in major supermarkets and pharmacies nationwide. More information can be found at: [www.compeed.co.uk](http://www.compeed.co.uk)

### MOIST WOUND HEALING - COMPEED®



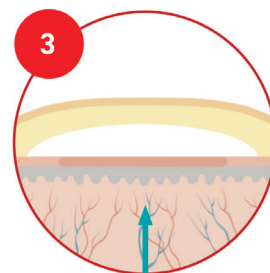
#### POLYURETHANE BARRIER

Immediate pain relief + 100% protection against water, dirt and bacteria



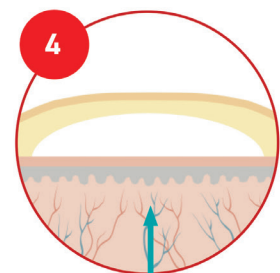
#### HYDROCOLLOID ABSORPTION

Optimal level of moisture for wound healing is maintained



#### STABILITY

Maintains moist conditions favourable to wound healing (cells, nutrients etc.)



#### PERFORMANCE

20% faster healing and lower risk of scarring

## History of Compeed

- Over 25 years ago, Nordic soldiers began cutting large hydrocolloid dressings into smaller patches to protect their feet during training exercises
- These smaller patches proved ideal for both the prevention and treatment of blisters
- The technology was adapted for civilians and Compeed was born

## About Emma Supple

Consultant podiatrist, Emma Supple is a fellow of the College of Podiatrists in both Podiatric Surgery and Podiatric Medicine of the College of Podiatry. FCPodS, FCPodMed, FFPM RCPS (Glasg), DPodM, PGDip (Pod). She is a current Vice President of the College of Podiatry (SCP).



## About HRA Pharma

At HRA Pharma we empower people throughout the world to improve their lives by developing accessible, added value self-care solutions. Twenty years on from our modest beginnings, HRA Pharma has become an innovative, award-winning, OTC-focused and rapidly growing company, with direct operational presence in 11 European countries and partnerships that have extended its products' availability to over 90 countries worldwide. Visit [www.hra-pharma.com](http://www.hra-pharma.com) to find out more.