

Blister care after the Twin Cities Marathon

Keep your blisters covered with bacitracin ointment and a clean dressing. Wash with soap and water to keep clean. Do not unroof the blister. The overlying skin will help protect the new skin growth under the blister. Watch for redness, drainage, or other signs of infection. See your physician if you think there may be an infection.

Check your shoes for proper fit and improper wear. Replace them if necessary. Use synthetic socks and consider 2 layers in the future. Cover the areas in need of protection with duct tape, mole skin, or blister pads if blisters recur in the same areas. Use an antiperspirant like aluminum chlorhydrate on your feet for a few days before the race and on race day to keep the feet dryer during the run.