

# Blister Care Information

Blisters and crusting commonly occur as a result of treatment with liquid nitrogen, cantharidin, or laser which are used in the treatment of warts, molluscum, inflamed seborrheic keratosis, actinic keratosis (or precancers), or tattoos. These blisters may be filled with clear, yellow, or bloody fluid and surrounded by a red or purple ring. This is usually completely normal and will often result in improvement or clearance of your condition. Here is a guide for care of your blisters; however, most blisters require no care and will heal completely on their own in 2-3 weeks.

1. You may wash twice a day with soap and water. If you had cantharidin (blister beetle juice), you must wash treated areas four to six hours after it was applied. If discomfort prior to this interval, the area can be washed off earlier. Be sure to wash the area completely because any remaining cantharidin can cause blisters on normal skin if touched. You may already have blisters at the time of bandage removal.
2. In general blisters should be left alone, but if your blister feels tense and painful, you may puncture the blister from the side with a sterile needle (clean needle with alcohol or a flame) and let the fluid drain out. It is better to leave the roof of the blister intact rather than removing it which can result in increased level of discomfort.
3. Although not necessary, blisters may be covered with a band-aid or other bandage.
4. Although not necessary, you can use an antibiotic ointment such as Neosporin (triple antibiotic ointment, polysporin (double antibiotic ointment, or Vaseline (petroleum jelly). Some people may develop an allergy in the form of itching to antibiotic ointments. You should discontinue use if this develops.
5. If pain develops, you may take acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or equivalent analgesic, and follow age appropriate dosing recommendations on the package.
6. Return to all activities as tolerated.
7. Signs of infection include fever (temperature over 100.5 F), chills, severe pain not relieved by above pain medications, spreading warmth or redness, or draining of thick yellow, foul smelling pus. If you experience any of these symptoms, please call our office at 806-743-1842.



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