
Blister Care

How to treat your blisters and avoid infection while rowing.



Step 1

Clean the blister and surrounding area with warm water and soap.



Step 2

Sterilize a sharp needle using either rubbing alcohol or a lighter. (Be careful.)



Step 3

Pierce the blister on the side and drain the fluid inside.



If the fluid is a pus inform the coaches and see a doctor. (Clear fluid /Blood is okay)

Step 4

Apply antibacterial ointment and cover with a band-aid.



Step 5

Put medical tape to cover band-aid.

(This will prevent the band-aid from coming off while rowing.)





Prevention and Other Advice

- Do not pop blisters unless you are experiencing pain!!!(There is a difference between pain and discomfort)
- Tape blister-prone areas before practice.
- Clean blisters/hands regularly.
- Remove bandaging after practice and apply new before practice.
- Do not squeeze the oar while rowing.
- If the blister appears red, is warm to the touch, or has discharge that is not clear, consult a doctor