

Taping can help prevent as well as treat blisters

It can help to minimise ongoing friction of the skin, which causes the discomfort. Taping however should not be used when covering an OPEN blister - one with no roof. In this instance seek medical advice.

In each case below, first clean the area with an antiseptic wipe and dry the skin. Apply tape as shown.

BUNION/FRONT OF ARCH TAPING



BACK OF HEEL TAPING



TOE TAPING

