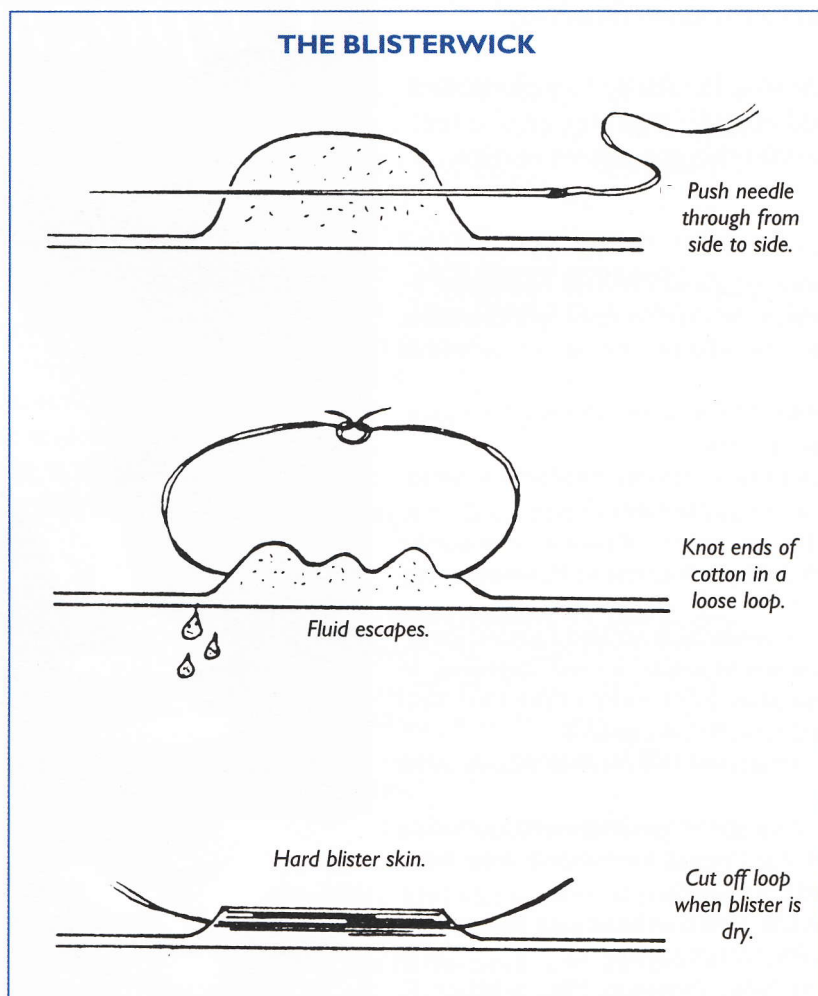


# PRACTICE TIPS

## PROCEDURES IN YOUR ROOMS

### Blisters in hikers



#### ► Treatment

1. Take a supply of sewing needles pre-threaded with cotton.
2. Push the needle into the blister at one side, push it out at the opposite side without pricking the raw flesh that is under the blister on the way (the blister fluid runs out), and draw the cotton through the blister.
3. Cut off the needle and knot the free ends of the cotton so that it cannot come out of the blister.
4. Do not dress the blister; just wash your feet at night.
5. As you walk on it the blister quickly dries out and hardens.
6. Cut away the outside thread after a few days if you like, but the inside part is sealed into the skin and only wears through weeks later (by then a happy memory).

I sterilise my little packets of needle-and-thread by dry heat in an oven (known as autoclaving) but I do not think it is essential. Just wash your poor foot first, preferably with spirit.

*This procedure was sent in by Dr Ronald Ingle of Pretoria.*