

How to Prevent Your New Shoes from Giving You Blisters

Doctor-recommended tips that go way beyond the Band-Aid trick

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SHUTTERSTOCK

Breaking in new shoes is hard work. But blisters don't have to be part of the battle. To help you debut your shoes with minimal pain—and zero limp-inducing blisters—we chatted with [Merin Yoshida](#), a California-based podiatrist with HealthCare Partners, and [Rebecca Kazin](#), M.D., a board-certified dermatologist and faculty member at the Johns Hopkins School of Medicine. Here are their tips for rocking your new shoes—from stilettos to sneakers—sans blisters.

1. Make Sure the Shoes Fit

This should be common sense, but the first step in preventing rubbing (and the ensuing blisters) is picking shoes in the right size. “Women can be vain about sizes, even when it comes to shoe sizes,” says Yoshida. So even if

you're normally a seven, don't worry about buying a pair in size eight if that's what fits. On the flip side, don't try to convince yourself a size eight fits just because the store is out of size sevens. If you've got bunions, opt for wide widths, or take them to a cobbler before wearing them to get them stretched. "They can put a little pocket in your shoe right where your bunion goes," she says.

2. Swipe on Antiperspirant

Your pit stick is good for preventing more than B.O. It can also prevent blister-covered toes, says Kazin. That's because antiperspirants (not to be confused with deodorants) reduce sweating—and any foot sweat increases how much your feet rub and catch against your shoes, she says. Swipe it on all over your feet, let it dry, and then don your new shoes. We suggest investing in a second stick of antiperspirant, though; no one wants their armpits to smell like feet.

3. Have a Dress Rehearsal

All breaking them in aside, wearing your shoes around house can help you locate your 'hot spots,' or where your shoes are rubbing against your feet, says Yoshida. Once you figure out your potential trouble areas (it should take about 30 minutes of wear) you can move on to the next two tips.

4. Lube Up

Eliminate friction, and you eliminate blisters. That's where blister-prevention sticks, like **Band-Aid Friction Blister Block Stick** (\$8.15, [amazon.com](https://www.amazon.com)), and even anti-chafing products for runners, like **BodyGlide** (\$7.29, [amazon.com](https://www.amazon.com)), come in handy, says Kazin. They all lubricate your skin to reduce friction. Try applying them to your hot spots before leaving the house.

5. Add Some Padding

Blister patches, whether they're stuck to your shoes or your feet, can help keep your shoes in place and prevent rubbing, says Yoshida. Try **Dr. Scholl's for Her Rub Relief Strips** (\$9.99, [amazon.com](https://www.amazon.com)) or **Compeed Blister Relief Pack Plasters** (\$8.48, [amazon.com](https://www.amazon.com)). It also never hurts to carry some Band-Aids in your purse during your shoes' first few outings. If a spot on your foot starts to rub, throw a Band-Aid on it, she says.