

Tips for Managing Hand-Foot Syndrome (Redness, Pain, and Swelling on Palms and Soles)

Things you can do on your own



- Avoid activities that put extra stress on your feet like:
 - Long walks or running
 - Exercise that has a lot of stop-and-go action, like basketball
- Avoid activities that put extra stress on your hands like:
 - Raking leaves or gardening
 - Shoveling
 - Hammering, or doing other manual labor
 - Doing dishes by hand
- Avoid wearing gloves, unless they are soft
- Avoid hot water
- Avoid allowing your skin to contact harsh chemicals when cleaning
- Protect and sooth your hands and feet
 - Wear padded shoes
 - Soak your feet in warm water for 20-30 minutes per day
 - Apply ice packs to your hands or feet for 15-20 minutes at a time
 - Keep your hands and feet moisturized by applying ointment like Aquaphor® and Eucerin® ointments after soaking
- Check with your care team about whether your cancer medication doses need to be adjusted

See the Other Resources page for more information

With over-the-counter medications



- You can buy these medications at your local pharmacy to help with your hand-foot syndrome and take them as directed on the package
 - Apply a topical pain reliever such as lidocaine
 - Take a pain reliever such as Tylenol®

REMINDER - Always keep your care team updated about over-the-counter medicines you are taking. If your care team tells you they are not safe for you, do not take them.

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With the help of your care team



Your care team may prescribe a corticosteroid (like dexamethasone) to treat and prevent hand-foot syndrome

When to call your care team for help



- If your hands or feet show signs of infection such as pus or bleeding
- If you cannot walk due to pain in your feet, or are not able to do other daily activities

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