



Hand-Foot Syndrome

Hand-Foot Syndrome is a skin reaction to medication(s) that effects high-pressure areas such as the palms of your hands and/or the soles of your feet. It can be mild with just a little redness or it can be significant including pain and blistering.

Take Care of your Skin:

- **MOISTURIZE:** Use lotions/emollients for dry skin several times a day, after showering and at bedtime to keep your skin moisturized. We suggest fragrance-free lotion or creams such as:
Aveeno®
Eucerin
Lubriderm®
Udderly Smooth® hand cream.
These products can be found at most drug stores or on Amazon.com
- Avoid skin exposure to hot water.
 - Wear rubber gloves when washing dishes.
 - Take tepid showers using moisturizing non-perfumed, non-deodorant body washes such as Dove, Basis, Aveeno or Neutrogena for dry skin.
 - When taking baths, avoid soaking your hands and feet in warm-to-hot water for long periods of time.
- Avoid friction when possible:
 - Pat yourself dry
 - Strenuous exercise including jogging or “power” walking
 - Chopping hard foods or wood
 - Vigorous digging or gardening
 - Contact sports
- Wear loose fitting clothing and shoes. In the house, keep hands and feet uncovered when possible or wear looser fitting footwear or slippers rather than tight shoes. Avoid tight socks or pantyhose.

For mild symptoms:

- Place palms or bottoms of feet on an ice pack or a bag of frozen vegetables for temporary relief of pain and tenderness. Alternate on and off the cold pack for 15-20 minutes at a time.
- Can use gel insoles that can be cooled before putting them in your shoes.
- **AFTER** skin has been cooled to comfort, apply a 2-10% urea-based cream or Bag Balm® generously at bedtime to affected hands/feet and wear socks or cotton gloves while sleeping.

For moderate to severe symptoms:

- Do not break open any blisters. Apply petroleum-based ointment such as Vaseline and cover it with a bandage.
- Apply _____% Urea based cream _____ times per day
- Apply steroid cream _____ as prescribed twice per day
- Layer steroid cream then the urea cream. Put on cotton gloves or socks at night and during the day as tolerated.

When to call the doctor:

Symptoms that are not going away or are getting worse including pain or swelling.

Fever 100.4 F or higher

Skin becomes hot to touch or becomes hard.

Bright yellow or green drainage or bad smell coming from hands or feet.

Bleeding