



# Montana Cancer Center

## Hand/Foot Syndrome (Palmer-Plantar Erythrodysesthesia)

**Description:** Red rash, pain and sometimes blistering on the palms of hands and/or feet.

**Prevention:** Prevention is very important in trying to reduce the development of hand-foot syndrome. Actions taken to prevent hand-foot syndrome will help reduce the severity of symptoms should they develop.

This involves modifying some of your normal daily activities to reduce friction and heat exposure to your hands and feet for a period of time following treatment (approximately one week after IV medication and as much as possible during the time you are taking oral (by mouth) medication such as capecitabine).

- Avoid long exposure of hands and feet to hot water such as washing dishes, long showers, or tub baths.
- Dishwashing gloves should **not** be worn as the rubber will hold heat against your palms.
- Avoid increased pressure on the soles of the feet or palms of hands.
- No jogging, aerobics, power walking, jumping –avoid long days of walking.
- You should also avoid using garden tools, household tools such as screwdrivers and other tasks where you are squeezing your hand on a hard surface.
- The use of knives to chop food may also cause excessive pressure and friction on your palms.

### **Cooling procedures:**

Cold may provide temporary relief for pain and tenderness caused by hand-foot syndrome.

Placing the palms or bottoms of your feet on an ice pack or a bag of frozen peas may be very comforting. Alternate on and off for 15-20 minutes at a time and make sure you place a cloth between your skin and the ice pack.

### **Lotions:**

Do not use prolonged rubbing or massage while applying lotion to your palms and soles of feet. Keeping these areas moist is very important between treatments.

Lotions such as Aveeno®, Lubriderm®, Udder Cream®, and Bag Balm® provide excellent moisturizing to your hands and feet.

### **Pain relief:**

Use pain medication as directed.

### **Vitamins:**

Taking Vitamin B6 (pyridoxine) may be beneficial to preventing and treating Plantar-Palmar Erythrodysesthesia. You should discuss the use of Vitamin B6 with your doctor before use.