



# PATIENT INFORMATION LEAFLET

## HAND-FOOT SYNDROME

## Hand-Foot Syndrome

HFS usually appears on the palms of the hand and/or soles of the feet where the skin may become red, swollen, cracked or painful. You may notice a feeling of tingling or numbness.

**It is important for you to check your hands and feet twice a day every day.**

- look for redness, flaking or peeling of skin, swelling, blisters or rash
- be alert for tingling or burning
- be alert for pain or tenderness



**Important!**

If you experience one or more of these symptoms, tell your doctor or nurse. Don't wait to see if the situation improves. If it is HFS, it is more likely to become worse if you ignore it.

## How to manage and/or prevent HFS:

**Keeping the skin moist and in good condition will help to minimise the development of HFS:**

- Apply Eucerin 10% treatment lotion liberally to feet twice a day (morning and at bedtime)
- Apply Eucerin 10% treatment lotion twice a day to hands or as required

**At the first sign of skin becoming dry and flaky:**

- After applying the cream at bedtime, place clean cotton socks over hands and feet and leave on overnight. This will help absorption of the urea in the cream and keep the skin well moisturized. If skin becomes cracked and broken inform your doctor or nurse.



**In addition to these measures**

- wear slippers or soft house shoes whilst in the house
- Keep shower/bath water lukewarm or cool
- Use a soap substitute such as Elave wash, E45 wash instead of soap
- Pat (instead of rub) your hands/feet dry after bathing
- Cold compresses may give comfort
- Elevate hands and feet
- May consider steroid creams
- Avoid activities that cause friction on palms or soles.
- Avoid activities that require you to grip a tool or twisting movements of palms.
- At least in the short term avoid activities like jogging, where your feet are pounding the ground.

**- if it fails to improve contact your doctor or nurse**