

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

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:
 - Doing manual labor
 - Doing dishes by hand
- Avoid exposure to hot water
- Avoid allowing your skin to contact harsh chemicals when cleaning
- Protect and sooth your hands and feet
 - Keep your hands and feet moisturized with regular application of moisturizers
 - Cool hands/feet with cool compresses or soak hands and feet in a basin of cold water for 15 minutes 3 to 4 times per day if possible
 - Wear padded shoes

When to seek medical attention



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



Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>

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