

Hand-Foot Syndrome

Hand-foot syndrome, also known as palmar-plantar erythrodysesthesia (PPE), is a skin reaction that sometimes occurs as a side effect of chemotherapy. It usually appears on the palms of the hands and soles of the feet. It may also develop anywhere on the body where clothes are tight, where excess pressure and friction occurs, or where rubbing or sweating occurs. This reaction may cause the skin in these areas to become red, swollen, itchy, or painful. Talk to your healthcare team if you are beginning to show symptoms. They may prescribe medicines or vitamin supplements to reduce symptoms.



Be sure to notify your healthcare team as soon as you notice any of these symptoms on any areas of skin:

- Redness
- Rash
- Pain or tenderness
- Tingling, burning, or itching
- Swelling
- Flaking or peeling of the skin
- Blisters or sores

Things to Do:

- Apply moisturizers, petroleum-based creams (Vaseline®), or ointments (Bag Balm, Udderly Smooth) to irritated areas, as instructed by your healthcare team
- Wear loose, soft fabric clothing
- Wear comfortable, well ventilated, low heeled shoes
- Wear sunblock (SPF 30 or higher) every day and on all exposed skin
- Take cool, short showers or baths
- Inspect your hands and feet twice a day
- Avoid caffeine and alcohol
- Drink plenty of water and stay hydrated

Things to Avoid:

- Direct and excessive sunlight, such as don't sit or walk in the sun when you go outside
- Tape on skin
- Harsh detergents and cleaning products
- Contact with hot water (including while washing dishes and doing laundry)
- Pressure on your skin. For example:
 - *Kneeling for long periods*
 - *Engaging in excessive physical activity (aerobics, power walking, etc.)*
 - *Chopping hard foods such as raw vegetables*
 - *Leaning on your elbows*
 - *Wearing*

For more information and helpful videos, visit echoassociates.org/education

Source: National Cancer Institute

