

ORAL CHEMOTHERAPY EDUCATION



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HAND-FOOT REACTION

Hand-foot reaction (sometimes referred to as hand-foot syndrome) describes a common side effect of certain oral anticancer therapies (e.g., capecitabine, sunitinib, cabozantinib) affecting the palms of the hand and/or bottoms of the feet.

Hand-foot reaction may cause the following:

- Redness
- Tingling
- Numbness
- Swelling
- Cracking of the skin
- Thickening of the skin at pressure points (similar to calluses)
- Pain while on the feet or while using hands for everyday tasks

Hand-foot reaction typically starts after a few weeks of treatment. It will go away after treatment is stopped, but not right away.

What can you do to lessen the severity of hand-foot reaction?

- Regularly apply an alcohol-free moisturizing cream that contains urea.
 - Urea cream (10%–20%) is helpful to use on thickened skin.
- Wear well-fitted shoes as well as socks to avoid excess rubbing on the feet.
- Use gloves when working with your hands.
- Avoid exposure to heat (including hot water) on hands and feet.
- Wear sunscreen with an SPF of 30 or higher daily, or wear long-sleeved shirts and pants.
- Pat your skin dry after washing hands and feet instead of rubbing with a towel.

Call your care team if you experience any of the following symptoms:

- You notice blistering of the hands and/or feet.
- You notice that it is painful to do everyday tasks with the hands and/or feet.

Additional instructions

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