ORAL CHEMOTHERAPY EDUCATION

ACCC Association of Community Cancer Centers | HOPA Hematology/Oncology Pharmacy Association, Pharmacists Optimizing Cancer Care | NCODA National Community Oncology Dispensing Association, Inc. PASSION FOR PATIENTS | ONS Oncology Nursing Society

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 a moisturizing cream.
  - Udder Cream and Bag Balm are two commonly used products.
- ☐ 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 SPF 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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