

Cold Precautions

Certain medications, such as oxaliplatin can make you sensitive to cold, a condition called cold dysesthesia. If you have peripheral neuropathy, cold weather can slow the circulation to your hands and feet, which can make your symptoms worse.

What You Can Do

- Basics: Get enough quality sleep, avoid stress, and stay well hydrated.
- Do some mild exercise daily to help circulation.
- Try comfort measures such as massage or flexible splints. Practice mindfulness, meditation, relaxation exercises, massage, acupuncture, acupressure, or biofeedback.
- Don't go out in cold weather unless absolutely necessary. Do not breathe deeply when exposed to cold air. Take shallow breaths. If you must go out in the cold, wear warm, dry clothes, a hat, and gloves. Cover your mouth and nose with a scarf, turtleneck, or a pull-down cap (ski cap) to warm the air that goes to your lungs.
- Take breaks from the cold. If a part of your body gets cold, warm it up with warm water.
- Drink beverages at room temperature or warmer. Don't use ice cubes.
- Do not touch any cold objects or hold cold objects against your skin. Wear gloves when taking items from freezer or refrigerator or when touching cold metal like door handles. Do not put ice packs on your body.
- Don't wash your hands in cold water. Avoid any direct contact between your skin and cold water.
- If you are receiving oxaliplatin, cover yourself with a blanket while you receive your infusion.
- Keep the AC in house or car on lower setting Do not run the air conditioner on high either in the house or car in hot weather. Wear long sleeves and pants in air-conditioned rooms.
- Don't walk barefoot.
- Avoid ice cream and other frozen foods.
- Limit/avoid caffeine before going out into the cold.
- Do not smoke and limit your alcohol.