

Hand-Foot Syndrome and Skin Reaction

What is Hand-Foot Syndrome?

Hand-Foot Syndrome is a skin reaction that can affect the palms of hands and the soles of feet.

What medications cause Hand-Foot Syndrome?

Hand-Foot Syndrome is a skin reaction that can be caused by several oral chemotherapy agents, specifically, Tyrosine Kinase Inhibitors (TKIs). Medications in this class include:

- axitinib (Inlyta®)
- cabozantinib (Cabometyx®)
- pazopanib (Votrient®)
- sorafenib (Nexavar®)
- sunitinib (Sutent®)

What are the symptoms of Hand-Foot Syndrome?

Hand-Foot Syndrome usually starts after 3 to 6 weeks of treatment.

Symptoms

- Stinging tingling, or pain that feels like burning, especially in the fingertips and toes
- Dry, cracked, scaling, or peeling skin
- Thickened skin (looks like a callus)
- Mild or bright redness
- Swelling
- Blistering

Symptoms of hand-foot skin reaction usually appear on parts of your body that you put a lot of pressure on, such as on toe pads, in between the toes, and the sides of the feet. The symptoms of hand-foot syndrome and hand-foot skin reaction can range from mild discomfort to a painful sensation that can prevent you from doing your usual activities. It may be hard to pick up small things such as a pen or a fork. You may have trouble buttoning your clothing. Some people have trouble walking.

DO NOT

- *Break open any blisters if they develop. Apply a petroleum-based ointment, such as Vaseline, and cover it with a bandage (Band-Aid).*
- *Soak your hands and feet in hot water or in a hot tub. Do not take hot baths.*
- *Wear socks, pantyhose, or shoes that fit too tightly.*
- *Do anything that would make you rub your palms or soles, with the except putting on lotion or cream.*

DO

- Wear thick, soft cotton socks with all your shoes. Also, add foam-type absorbing soles and shock absorbers to relieve pressure points in your shoes.
- Wear thick cotton gloves when doing activities outside or in the house, such as cleaning the house, gardening, or going food shopping.
- Keep your hands and feet well moisturized. Soak them in cool water for 20 to 30 minutes, pat them dry, and then apply a fragrance-free moisturizer such as Eucerin. Do this at least once a day.
- Try a fragrance-free lotion or cream that contains petroleum, such as urea, Kerasal One Step Exfoliating Foot Moisturizer Therapy, or Udderly Smooth®
- If you're 18 and over, you can also use salicylic acid or CeraVe SA. Do NOT use if you are under age 18.

Your doctor may prescribe topical medications to treat the area. Topical medications are medications that are applied to your skin. These medications may include:

- Steroids
- Moisturizers
- Medications that remove extra skin
- Anti-microbial medications (medications that kill germs)
- Pain medications
- Liquid bandage, such as Dermabond, to close any open skin on your hands or feet

If your symptoms become severe, your doctor may prescribe oral (by mouth) medications for pain control or swelling.

When should I contact a doctor?

- A temperature of 100.4°F (38°C) or higher
- Chills
- Symptoms that are not going away or that are getting worse
- Any of the following symptoms on the skin of your palms or soles:
 - skin that is hard, warm, or hot to the touch
 - bright yellow or green drainage
 - bleeding
 - foul odor
 - increasing redness or swelling
 - increasing pain or discomfort
- Any questions or unexpected problems