

Tips

Skin care products

For skin changes on hands and feet, there are specific skin care products. Ask the treatment team which products are suitable for you.

Skin changes on hands and feet (hand-foot syndrome)

Good to know




Certain chemotherapies can cause changes to the skin, for example:

- Redness on hands and feet
- Painful swellings
- Peeling of the skin on hands and feet

The causes of these skin reactions have not yet been fully explained. Excessive hardening of the skin, especially at the heels or the palms of the hands, can favour cracks in the skin. The skin symptoms resolve after the end of the chemotherapy.



Skin changes on hands and feet (hand-foot syndrome)

You feel...	Or you notice...	What you can do for yourself...
	<ul style="list-style-type: none"> Mild skin changes on hands and feet 	<ul style="list-style-type: none"> Avoid hot showers, baths and saunas as far as possible. Have the hard skin on your feet removed regularly by a professional foot care specialist (podiatrist). For skin care, use moisturising creams for dry to very dry skin. Wear gloves when you use detergents (e.g. when you are washing up or cleaning the house), to protect your skin. Try to limit tasks that are hard on your hands and promote the formation of calluses. Wear comfortable shoes that do not constrict your feet. Avoid pressure points and friction.
	<ul style="list-style-type: none"> Reddening (painful) Swelling (painful) Feeling of tightness of the skin Dry or cracked skin and flaking The skin changes interfere with your daily life 	<ul style="list-style-type: none"> Care for your hands and feet with richly moisturising creams or the prescribed creams and then put on thin cotton gloves and socks until the greasiness of the ointment is gone from the skin. Avoid additional rubbing on the affected skin areas. Obtain relief with short cooling wraps or cold hand or foot baths, but avoid soaking the skin too much. Tell your doctor about the symptoms.
	<ul style="list-style-type: none"> Redness increases greatly within a few days Sensory disturbances or tingling in hands or feet Severe pain in the hands and feet Blistering on the hands and feet 	<ul style="list-style-type: none"> Contact the treatment team.