

## Hand-Foot Syndrome

### What it looks like



### What it feels like

#### Mild (grade 1)

- Numbness and tingling
- Painless redness and swelling
- You are still able to do your normal activities

#### Moderate (grade 2)

- Painful redness
- Swelling
- It is difficult for you to do your normal activities



Call your nurse.

#### Severe (grade 3)

- Peeling of skin
- Ulcers (sores) and blisters
- Severe pain
- You are not able to do your normal activities

**You may have these symptoms on your hands and feet.**

**If you have a problem or concern about a symptom or side effect from your cancer treatment:**

1. Call your primary nurse at the cancer centre from Monday to Friday, 8:30 am to 4 pm, (except on holidays). Use the phone number your primary nurse gave you.
2. Contact CareChart Digital Health from Monday to Friday, 5 pm to 8:30 am and anytime on weekends and holidays for symptom management support.

You can talk to a nurse using one of these options:

- Calling the after-hours telephone line at 1-877-681-3057.
- Requesting a video call by going to [www.carechart.ca](http://www.carechart.ca)
- Using the CareChart Digital Health App. This App is available to download for iOS or Android devices.

Talk to a member of your healthcare team if you have questions or do not understand any of the information in this handout.

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