**Hand-Foot Syndrome: Palmar-Plantar Erythrodysesthesia (PPE)**  
**Patient Education**

Hand-foot syndrome affects the skin. It primarily occurs on the palms of the hands and the soles of the feet. It may also occur on other parts of the body. Areas most often affected are where your clothes are tighter, where friction, or sweating may occur. For most people it is a mild reaction that improves in one to two weeks without causing delays in therapy.

**Inspect your hands and feet twice daily. Call your doctor or nurse for:**

- Tingling, burning, itching
- Redness, pain/tenderness
- Flaking/peeling skin
- Swelling
- Rash
- Small blisters

**Important things to remember:**

For at least a day before and 3 to 5 days after treatment:

- Use sun block SPF 15 or higher to sun exposed skin daily.
- Stay out of direct sunlight, including sunny windows.
- Wear loose clothing, comfortable and well ventilated shoes.
- Stay in cool places; avoid heat on your skin.
- Avoid hot water, hot baths, showers, or heated pools.
- Avoid friction-causing or repetitive activity such as lawn mowing, vacuuming, sweeping, dusting, or mopping.
- Avoid pressure to palms of hands. Avoid activities such as gardening, carrying heavy objects.
- Avoid excessive physical activity such as aerobics.
- Keep hands and feet from being dry or chapped. Use creams such as Bag Balm, Udderly Smooth, and petroleum jelly. Do not use Benadryl cream.

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