Peripheral Neuropathy
Patient Education

Peripheral neuropathy is caused by damage to nerves that go to your hands and feet. This damage can happen when you receive certain chemotherapy drugs, for example, vincristine, vinblastine, vinorelbine, paclitaxel, and cisplatin. With this nerve damage you will feel numbness, tingling, burning, and possibly pain in your fingers, hands, toes and feet. Numbness of your hands and feet may cause you to lose your balance when walking, and have a hard time picking up objects or buttoning your clothes. These changes usually happen after you have gotten many treatments. The damage can be temporary or permanent.

It is important to report any numbness tingling, burning or pain to your doctor or nurse. Pain or burning can sometimes be treated with medications.

Important things to remember:

- Protect your hands and feet (wear shoes).
- If feet are affected, wear socks and supportive shoes to protect your feet.
- If feet are affected, having a night light in your bedroom may decrease your risk of falling.
- If balance is affected use hand rails, a cane, or other supportive devices.
- Be careful when handling objects that are hot or sharp.

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