

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, 4 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 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.

This handout was created by the Patient Education Program at the Durham Regional Cancer Centre/Lakeridge Health. It was last reviewed in April 2026.