

ONCOLOGY**After Chemotherapy Care Instructions****Peripheral Neuropathy**

What is peripheral neuropathy?

Some cancer treatment medicines can cause problems with the nerves in your hands and feet, which can lead to a condition called peripheral neuropathy. You may feel tingling, burning, weakness, numbness, or pain in your hands and feet.

Tell your physician or nurse if you experience any of these symptoms. Early diagnosis and treatment give you the best chance for controlling your symptoms and preventing further damage to your nerves. Ask your physician if there are medicines or treatments for your symptoms. Your physician can help you find a way to make your symptoms easier to manage while you complete your cancer treatment.

What are the symptoms of peripheral neuropathy?

Peripheral neuropathy may cause:

- numbness, burning, or tingling in your hands and/or feet;
- difficulty picking things up or buttoning clothes, typing, calling or texting on a cell phone, or playing video games;
- pain or difficulty in walking;
- clumsiness, such as tripping over a throw rug;
- sharp pain in your fingers when picking up cold drinks from the refrigerator;
- jaw pain when drinking something cold or inhaling cold air; or
- children to not want to walk.

What can I do at home to care for myself?

- Avoid touching water that is too hot or too cold.
- Avoid cold food and drinks. They should be at room temperature or warmer.
- Avoid slippery surfaces, especially in the bathroom. Wear shoes with rubber soles whenever you can.
- Use a towel when getting cold objects from the refrigerator.

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continued

***When should I call
my physician?***

- Wear gloves and socks when it is cold.
- Be careful when using sharp or dangerous objects.
- Keep rooms well lit.

Tell your physician when you begin to have any unusual feeling in your hands and feet or when these symptoms change or get worse. It may take as long as one year for you to recover.