

Tips for Managing Numbness and Tingling



Things you can do on your own

Stay active.

- Do some light exercise, such as walking.
- Ask your care team about starting physical therapy.
- Try relaxation exercises or meditation.

Get comfortable.

- Try acupuncture or massage.
- Wear loose-fitting clothes.
- Protect your feet.
- Try using special shoe inserts or shoes with rubber soles.
- Avoid walking barefoot.

Stay safe.

- Avoid extreme temperatures (too hot or too cold), because you could burn or freeze your skin.
- Wear gloves or use an oven mitt when reaching into the refrigerator or freezer to protect your hands from the cold.
- Do not drive if you cannot feel the pedals with your feet.
- Avoid injury at home by keeping floors clear of tripping hazards, using handrails for balance, and keeping walkways well lit.
- Use a thermometer to check water temperatures (bath water should be less than 120°F).



With over-the-counter medications

Ask your care team if you can take over-the-counter (OTC) medications or supplements for painful neuropathy.

- Numbing cream or patch on the painful area (like lidocaine)
- OTC pain medicines or anti-inflammatory drugs (ibuprofen)
- Folic acid and vitamins B, D, and E



With the help of your care team

Ask your care team about prescription medications for your neuropathy. No medications are completely helpful at stopping neuropathy and all have side effects.

- Before starting treatment, discuss the risks and benefits with your care team to decide which medication is right for you.
- In many cases, numbness and tingling start getting better after you stop taking cancer treatments.
- Be sure to tell your care team about your numbness and tingling at every visit.
 - They may be able to make some changes to your cancer treatment that can help.
 - They may be able to tell if the numbness and tingling are caused by nerve injury.



When to call your care team for help

- If your neuropathy symptoms are making it hard for you to complete regular daily activities, like getting dressed
- If you have changes in vision or loss of hearing



For more information and support, visit the American Cancer Society website at cancer.org/numbness-tingling or call us at **1-800-227-2345**. We're here when you need us.