What Is Peripheral Neuropathy?
Peripheral neuropathy is damage to the nerves in the arms and legs. This causes numbness, tingling, weakness, or a burning sensation in the fingers, hands, toes, and feet. This also makes you less able to feel hot, cold, or pain.
Some chemotherapy drugs can cause peripheral neuropathy and can make muscles feel tired or sore. It may take as long as 18 months after chemotherapy for peripheral neuropathy to improve. In rare cases, the symptoms may never completely go away.

How Is it Treated?
Your health care provider may recommend one or more of these treatment methods:
• Exercise, massage, and relaxation techniques
• Creams to apply on your skin
• Acupuncture
• Prescription medications
• Changes in your treatment plan

When Should I Call My Doctor or Nurse?
Call if any of the following happen:
• Changes in your daily living, such as difficulty tying shoes or buttoning clothing
• Feeling unstable on your feet, such as tripping and falling
• Changes in the function of your hands or feet
• Any symptom that gets worse

Helpful Suggestions
• Avoid extreme temperatures. Less ability to feel heat and cold can allow burns or frostbite to happen.
• Use gloves to protect your hands when washing dishes or gardening, and to keep them warm in cold weather.
• Consider using a thermometer to check bath water temperature.
• Wear socks and fitted shoes to protect your feet.
• Do not wear slippery shoes.
• Take care not to cut yourself when using knives, scissors, nail clippers, or tools.
• Use nonslip bath mats in the tub or shower to prevent falls.
• Keep rooms well-lit.
• Remove loose rugs or floor clutter that might cause you to fall.

What Are the Symptoms?
Peripheral neuropathy happens in the fingers, hands, toes, and feet. Symptoms include the following:
• Burning
• Tingling
• Numbness
• Feeling like walking on clouds
• Unsteadiness on your feet
• Inability to hold things in your hand
If you experience these symptoms, talk with your health care provider. Sometimes drug interactions cause peripheral neuropathy. Be sure to give your health care provider a list of all medicines you take, including herbal and over-the-counter products.