

Scottish Paediatric & Adolescent Rheumatology Network

Raynaud's Advice Sheet

Keeping your body warm

- It is important to keep the body's overall temperature warm - remember that includes the trunk area and not just the hands.
- Can get lots of good thermal base-layers / camisole tops (M&S), merino wool ones available from outdoor stores or on line.
- Layer clothing (but make sure it is not too tight)
- Wear gloves – can get excellent ones from Raynaud's Society – silver threaded gloves and socks – see web site www.sruk.co.uk. Often good to wear mittens on top.
- Fingerless gloves can be worn if required when indoors, or when doing a specific task e.g. in school when writing etc.
- Warm socks are important too – wool is better than cotton as wool absorbs moisture but still keeps the heat. Merino wool socks are also excellent and there are many that can be found on the internet. Silver threaded thermal socks can also be found on www.sruk.co.uk
- Sheepskin insoles are also available from many store including Timpson's shoe repair shops
- Warm boots in winter are excellent as also cover your ankles
- Be aware of the 'gap areas in of your body' – e.g. ankles, wrists, neck – try and keep these covered too.
- Wearing a hat really keeps the warmth in.
- Try and keep the house an even temperature – especially in the winter.
- When coming inside – do not take gloves off straight away – give your body time to adjust first. When going out – put gloves /hat on before stepping outside.
- Hand and feet warmers are readily available – Brands such as 'hot hands /feet' and 'mycoal hand, foot & body warmers' – both are one use only but last up to 8 hrs. These ones do not require to be pre heated as they are activated once the bag is open.
- Hot Rox hand warmers can be re charged and last up to 8 hours with the option of switching them on /off
- If getting things out of the freezer – protect your hands by wearing an oven glove or similar, also if getting something out of fridge perhaps use the kitchen towel, or put on gloves to get it rather than your bare hands.

When hands /feet cold /numb

- Reheat gradually with warm heat (not hot)–heat pad, hairdryer. Do not put hands in hot water
- Gentle massaging can also help

Eating Drinking

- Regular warm drinks keep your body warm.
- Eat a regular and healthy diet – your body needs the energy.

Exercise

- Exercise is good – keeps you fit and gets your circulation going
- Wear suitable clothing even for indoors – long trousers – trainers that comfy, that you can get good socks on with that don't restrict your feet.
- Layering clothes is good– for the layer next to your skin chose a material that does not allow an accumulation of sweat- many sports tops are suitable, or for a wool layer is excellent (e.g. merino can get these in outdoor shops)
- Really wrap up if going outside for outdoor activities.

General skin care

- It is good to keep your hand nicely moisturized – keeps the skin supple.
- Use rich hand creams that are not scented – e.g. Neutrogena, E45, Oilatum, Aveemo (all available from many stores) and hemp hand cream (from the body shop)- massage in well –re apply during the day, and a good application at bed time.
- Always dry hands properly after washing them (always use warm water)
- Avoid excess water on hands – if doing dishes – wear rubber gloves.

NOTE

This guideline is not intended to be construed or to serve as a standard of care. Standards of care are determined on the basis of all clinical data available for an individual case and are subject to change as scientific knowledge and technology advance and patterns of care evolve. Adherence to guideline recommendations will not ensure a successful outcome in every case, nor should they be construed as including all proper methods of care or excluding other acceptable methods of care aimed at the same results. The ultimate judgement must be made by the appropriate healthcare professional(s) responsible for clinical decisions regarding a particular clinical procedure or treatment plan. This judgement should only be arrived at following discussion of the options with the patient, covering the diagnostic and treatment choices available. It is advised, however, that significant departures from the national guideline or any local guidelines derived from it should be fully documented in the patient's case notes at the time the relevant decision is taken.