

Scottish Paediatric & Adolescent Rheumatology Network

Raynaud's holiday advice

Have fun on holiday – remember

- Protection from the sun is vital. Wear a high factor cream – factor 50.



- Wear a sun hat and keep the sun off face



- Wearing a rash vest can help protect body. Having 2 rash vests is ideal as can swap a wet one for a dry one. The wet one will dry out quickly in the sun.



- If in and out of the water – you will be going from hot outside to cool water so be aware this may cause a Raynauds attack.
- As soon as out of the water get dry immediately. After drying with towel – something like these towelling ponchos are good for warmth. Available from Decathlon



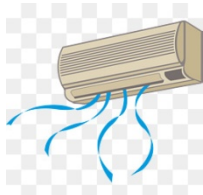
- Cold drinks – cover with polystyrene protector. Will protect her fingers. “Like a Koozie can cooler “



- Water can dry out the skin – especially pool water - so plenty of hand cream on at night. Moisturise body as well



- Apartments, hotels and shops will have air con – so you will need an extra layer of clothing to put on as you enter – always carry a layer /cardigan for this (it’s the change in temperature that may cause a Raynauds attack)



Have Fun

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.