

Raynaud's Phenomenon (RP) Symptom & Flare Checklist

Use this checklist to track symptoms, possible triggers, medications, and when to contact your rheumatologist.

✓ Symptoms (check all that apply)

- Fingers turning white, pale, or blue
 - Fingers turning red during rewarming
 - Toes changing color
 - Cold fingers or toes
 - Numbness
 - Tingling / pins and needles
 - Throbbing or stinging pain during rewarming
 - Burning sensation
 - Swelling after blood flow returns
 - Pain in fingers or toes during an attack
 - Attacks triggered by cold weather
 - Attacks triggered by stress or anxiety
 - Symptoms affecting ears, nose, or other areas
 - Cracks, sores, or ulcers on fingertips or toes
 - Loss of sensation or clumsiness in hands
 - One side worse than the other
 - Attacks lasting longer than usual
 - Other: _____
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✓ Possible Triggers (past 24–72 hours)

- Cold weather exposure
- Air conditioning / sudden temperature change
- Emotional stress
- Smoking / vaping / nicotine exposure
- Vibrating tools or repetitive hand trauma

- New medication or dose change
 - Holding cold drinks or touching frozen items
 - Other: _____
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✓ Current Medications

Medications taken for symptoms (today/this flare):

Dose and time taken:

Long-term RP medication(s) (if any):

Last dose taken (date/time):

When to Call Your Rheumatologist (or seek urgent care)

- Finger or toe color does not return to normal as usual
 - Severe pain during or after an attack
 - New sores, ulcers, or blackened skin
 - Signs of infection around an ulcer
 - Symptoms suddenly becoming more severe or frequent
 - Numbness or color change affecting only one side
 - New rash, joint pain, or muscle weakness with Raynaud's symptoms
 - Side effects from medications (rash, shortness of breath, severe GI symptoms)
 - Questions about medication safety, pregnancy planning, infections, or vaccines
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Contact Information

Rheumatology Care Associates

Phone: [Call \(352\) 717-0603](tel:3527170603)

Contact / Request Appointment: [Contact Us](#)

Address: 2611 S US Hwy 27, Clermont, FL 34711

Website: rheumatologycareassociates.com

Book Appointment: [Schedule Online](#)

Quick Action Plan

During a symptom flare:

1. Move to a warmer environment as soon as possible.
2. Warm hands or feet gradually with body heat, gloves, socks, or warm water that is not too hot.
3. Gently wiggle fingers or toes to encourage blood flow.
4. Reduce stress and slow your breathing if stress triggered the attack.
5. Avoid smoking or nicotine exposure.
6. Track what triggered the episode, how long it lasted, and which areas changed color.
7. Contact your rheumatologist if symptoms worsen or red-flag items are present.

Prevention tips:

- Dress warmly in layers and protect hands and feet from cold.
- Avoid sudden temperature changes when possible.
- Stop smoking and avoid nicotine exposure.
- Reduce repeated hand vibration or trauma when possible.
- Keep a simple flare log (date, trigger, body area, color change, duration, severity).
- Report ulcers, one-sided symptoms, or worsening attacks early.

Need Help?

Emergency / urgent concerns:

[Call now: \(352\) 717-0603](tel:(352)717-0603)

Request appointment:

[Contact Form](#)

Visit website:

rheumatologycareassociates.com

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For educational purposes only. This does not replace professional medical advice. Always consult your healthcare provider for diagnosis and treatment.

Learn more about Raynaud's Phenomenon: [Visit our RP Guide](#)

How to Use This Checklist

1. Print this checklist or keep it on your phone.
2. During an attack, check symptoms and possible triggers.
3. Record medications and timing to help track patterns and response.
4. Bring it to appointments so your rheumatologist can monitor severity and progression.
5. Call immediately for ulcers, blackened skin, severe pain, or attacks that do not resolve normally.