

# JOINT PAIN, SWELLING, OR STIFFNESS

**COTELLIC® (cobimetinib)/ZELBORAF® (vemurafenib)**  
Combination for Melanoma

*Report immediately to your oncologist's office*

## What are the symptoms?

Joint pain, swelling, and/or stiffness

### What you should tell your oncology team member:

- When these symptoms started, what causes them, and how long they lasted.
  - Which joints are affected.
  - If you have ever had any joint problems in the past.
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### Red flags – Call your oncologist's office immediately – if they are not available, go directly to the Emergency Room.

- Sudden or severe onset of joint pain, swelling, or stiffness.
  - If the joint looks deformed.
  - If you can't place weight on the joint (such as your ankle) or use it at all.
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### Managing Your Side Effects

- With the approval of your oncologist's office, take anti-inflammatories/pain relievers such as aspirin, ibuprofen (Advil®, Motrin®), or naproxen (Aleve®) to relieve pain and stiffness. Ask your oncology team member about how much to take.
- Apply an ice pack to swollen joints for 15 minutes several times a day.
- Keep the joint above your heart whenever you can to reduce swelling.
- Use elastic wrap or tape on the joint to support it.
- Avoid activities that cause pain, but try to maintain some exercise routine, if possible.