

Skin Care During Radiation Therapy

After a few weeks of treatment, you may notice some changes in your skin within the treatment area.

Radiation can affect the oil and sweat glands causing dryness of the skin. Your skin may become red, dry, itchy, or flakey.

These skin changes are expected, and will improve gradually in the weeks following the end of your treatment.

Report any changes in your skin to the radiation therapist or the nurse!

To protect your skin, please follow these suggestions:

- Gently apply recommended lotions onto the skin three times daily.
 - **Recommended lotions:** Aveeno, Lubriderm, Eucerin, Miaderm, or Cetaphil.
 - Lotions should be **non-scented**.
- **Avoid** sun exposure.
- **Avoid** heat packs or heating pads to the treated area, and hot tubs.
- **Avoid** ice packs to affected area.
- **Avoid** shaving the treated area; however, if you must, use an electric razor.
- **Do** wear loose fitting, soft, and breathable fabrics.
- **Avoid** perfumes on treated skin.
- You **may** use any deodorant of your choice.
- Cleanse the skin in the treatment field **daily** with a mild soap, such as Dove. Rinse with lukewarm water, and pat dry. **Do not rub**.