

**SKIN CARE FOR RADIATION TREATMENT**

Radiation treatments may cause changes to the skin in the area that is receiving the radiation. These changes, which are most frequently reported as red, dry, tanned, peeling or itchy skin, can occur 1 to 3 weeks after treatment begins. More severe changes include possible blistering, swelling, tenderness or moist skin.

Prior to each treatment, be sure your skin is clean and dry. Avoid scratching the skin, even if it itches, fingertips only. In most cases, these changes will resolve about 3 weeks after the completion of your radiation.

- Wear loose, soft clothing. Avoid underwire bras and tight-fitted clothing.
- Do not apply adhesive tape, medicated patches, or adhesive bandages to the treated area
- Do not apply perfumes/fragrances on the treatment area
- If you shave, use an electric razor on the treatment area. Do not use pre-shave, after shave lotion or cologne on the treatment area
- Avoid applying extreme heat or cold to the treated area (heating pad, ice packs, hot water bottles)
- Avoid public pools and hot tubs
- No sun exposure to the treatment area. Protect your skin with clothing, hats, etc.
- Take very short baths or showers no more than once per day with lukewarm water
- Do not rub, scrub, or massage the treated area. Do not use a washcloth or luffa sponge
- For more extreme skin conditions, a prescription cream will be needed

**SKIN CREAMS: Apply 3-4X daily (DO NOT apply right before treatment)**
**MAY USE**
**MAY NOT USE**

Sween Cream

Skin creams that are perfumed

CeraVe Cream

Vaseline products

Aveeno Cream

Sunscreen with PABA

Vitamin E Cream

Eucerin

Aquaphor

Lubriderm

Remedy Skin Repair Cream and Phytoplex Cream

Hydrocortisone 10 Plus with Aloe for itching

**SKIN SOAPS**
**MAY USE**
**MAY NOT USE**

Dove

Ivory

Oil of Olay

Irish Spring

Neutrogena

Zest

Almay

Caress

Aveeno

Dial

Basis

Any other anti-bacterial or perfumed soaps