

## Skin Care for Dermatitis: Modified Dakin's Solution

Modified Dakin's Solution is an effective means to decrease bacterial growth at the sites and delay the onset of skin irritation while receiving radiation treatments. Soaking the areas 2-3 times a day will be most effective.

There are three ways to perform this:

### 1) Wash Cloth Soaks

- Mix 1 teaspoon of regular strength household unscented bleach (Clorox) to one gallon of water.
- Using clean wash cloths or all-purpose sponges provided, saturate the wash cloths and soak the affected areas for 20 minutes. Please be sure that the cloth is placed on the affected areas.
- Rinse the affected area with lukewarm, clean water.
- Apply unscented lotion to the external areas only. Repeat 2-3 times a day.

### 2) Bathtub Soaks

- Mix half a cup of regular strength household unscented bleach (Clorox) to half a tub of warm water.
- Sit in the bathtub and soak in the solution for 20 minutes and rinse the affected areas with lukewarm, clean water.
- Apply unscented lotion to the external areas only. Repeat 2-3 times a day.

### 3) Sitz Bath

- Mix 1 teaspoon of regular strength household unscented bleach (Clorox) to one gallon of water.
- Place sitz bath on rim of toilet seat and fill sitz bath with bleach solution.
- Sit in sitz bath for 20 minutes and rinse the affected area with lukewarm, clean water.
- Apply unscented lotion to the external areas only. Repeat 2-3 times a day.

We advise gentle showers with passive water onto the affected areas with soap. Use warm water when bathing, pat your skin dry with a soft towel, and do not rub the affected area.

### Helpful hints for skin care

- Protect the skin in and around the treatment area for extremely hot or cold temperatures, especially in the summer and winter.
- Wear cotton undergarments (wearing no undergarments with a dress is most effective) with loose fitting pants.
- Use fragrance-free moisturizers (Aquaphor, Cetaphil, Lubriderm, Eucerin, or Aveeno). Apply 2-3 times a day after your soaks or bathing. **Do not apply moisturizers within 2 hours of your radiation treatment.**
- Please do not douche.
- Please do not shave the vaginal area.
- Please do not apply perfumes or powders to the affected areas.
- Please do not insert anything into the vagina (tampons).
- Please report any of the following:
  - Blistering
  - Swelling
  - Tender areas of skin
  - Pain or itching
  - Foul smelling odor or discharge

**Please contact the Clinical Nursing Station at 214-645-8525 if you have any questions or concerns.**