

## Post-Radiation Skin Care

Most side effects from radiation therapy are limited to the area being treated and go away within a few weeks after the treatment is finished. However, some people may experience long-term skin changes in the area that was treated, including dryness, itching, peeling, blistering, skin discoloration, and scar tissue formation. Here are a few things to remember while caring for your skin after radiation treatment:

- DO NOT remove the stickers (if you have them). Removing the stickers can also remove some of your skin. The stickers will fall off eventually.
- Be gentle with your skin while showering or bathing. DO NOT use a loofah, scrub brushes, or sponges. Pat dry instead of rubbing.
- Avoid extreme hot or cold temperatures while bathing
- Continue to apply lotion to the treatment site daily. We recommend you use Aquaphor until your skin is completely healed.

After your radiation treatment is done, the skin that has been exposed to radiation may be more sensitive to the sun than it was in the past. Avoid direct sun exposure or use physical blocks like wide brimmed hats until the skin has healed. **Once your skin has fully healed**, protect your skin with a sunblock with SPF 30 or higher on the area that was treated – a strong sunblock is a very good policy for every inch of your body. Apply it 30 minutes before you go out in the sun and reapply it every few hours.

It is important to report any major symptoms to your doctor. These may include signs of infection, fever, severe pain, swelling, blistering, and redness.