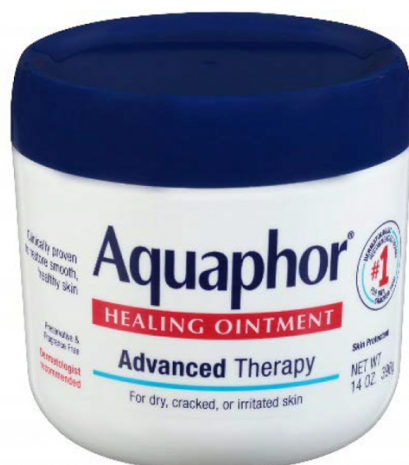


# Skin Care During Radiation

It is normal for skin reactions to happen during radiation therapy. Your skin may look red, irritated, swollen, dry, or blistered in the treatment area. Your skin may also itch in the treatment area. Skin reactions may worsen 7-10 days into your treatment. The skin usually heals within a 2-3 week period after treatment ends.

Daily skin care is important to reduce skin irritation from radiation. During the course of radiation therapy, please:

- Wash treatment area with a mild unscented soap such as Dove® or Purpose®. Only a small amount of soap is needed. Gently pat skin dry and **DO NOT** rub.
- Keep skin clean and dry. **DO NOT** apply anything to the skin or use deodorant 4 hours prior to treatment.
- **DO NOT** shave on the radiation treatment site.
- Apply Aquaphor® lotion or 100% aloe vera gel 1-2 times daily after your radiation treatment. Apply liberally to the skin. If using aloe vera, make sure the gel is clear. **DO NOT** use colored gel which can have additives that can irritate the skin.



- If your radiation therapists have applied stickers on your skin, these should remain on throughout your treatment. **DO NOT** apply lotions to these stickers.
- **DO NOT** use lotions or creams other than those recommended by your radiation oncologist. The ingredients in these lotions may increase the chance of skin irritation.
- Wear loose-fitting clothing and bras. **DO NOT** wear bras with wires.
- Check with your doctor before applying sunscreen to the treatment area. Wear a hat or cover the areas of exposed skin when you are out in the sun. You may use sunscreen in areas not being treated with radiation.
- Contact your doctor or nurse if your skin develops open sores, you see pus or blood coming out of your skin, develop a fever, or have severe pain.

If you have any questions, please call the nursing staff at the clinic at 214-645-8525.