

CANCER INSTITUTE PROGRAMS

SKIN CARE DURING RADIATION TREATMENT

1. Shower with warm water; use only a mild, unscented, non-deodorant soap (Dove, Ivory, Basis or Neutrogena).
2. Thoroughly, but gently, cleanse and inspect skin folds and skin surfaces that rub against each other within treated area. Keep these areas clean and dry.
3. Shampoo with a mild shampoo if you are receiving treatment to the head.
4. Protect treatment marks. These are to remain on the skin until **ALL** your treatments have been completed. If markings fade or disappear, notify the radiation therapist.
5. Use only an electric shaver if you need to shave over the treatment area.
6. Protect treated skin from irritating substances: perfumes, alcohol-based make-up, scented lotions (especially those containing menthol), oils, deodorants and powders.
7. Avoid constricting clothing, underwire bras or clothing made with synthetic rough fabrics. Cotton or silk fabric may be more comfortable. Also, starching or bleaching clothing should be avoided.
8. Protect treated skin from extreme hot or cold and direct sunlight. Cover the skin with clothing or use sunscreens with an SPF factor of 30 or higher. Sunscreens should be used on the treated skin for up to one year following treatment.
9. Use **ONLY** recommended skin care products and avoid applying make-up within the treatment field.
10. Wash hands thoroughly before applying recommended lotion or ointments which may be used after treatments each day to keep skin moisturized.

DO NOT apply any lotion, cream, ointment or powder to treatment area before daily treatment. Skin should be clean and dry for treatment appointment.

DO NOT scrub skin or remove treatment markings, instead pat dry with a soft towel.

DO NOT soak in a tub if your treatment marks will be submerged; showers are preferred.

DO NOT scratch treated skin.

DO NOT use spas, hot tubs or chlorinated pools, swim in salt water, or use heat or ice packs on treated skin.

Notify the Radiation Oncology nurse or your radiation oncologist if ***the skin becomes red, itchy, and painful or if you develop peeling skin, blisters or open areas.***

For more information please call (949) 764-5528

Iwamoto, R.R., Haas, M., Gosselin, T., (Eds.). (2012) *Manual for Radiation Oncology Nursing Practice and Education* (4th ed.). (p 64-65) Pittsburgh, PA: Oncology Nursing Society

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Recommended Skin Care Products:

Comfort

- **98-100% pure aloe vera** (Fruit of the Earth® Brand or similar may be purchased at most large drug stores)

Moisturizers – should be unscented, without vitamin A, C (*ascorbic acid*) or E (*tocopheryl*).

- Eucerin® (lotion or cream)
- Aquaphor® (especially pelvic treatment fields)
- Vaniply®
- Aveeno®
- Cetaphil®
- Lubriderm®
- Miaderm® (online)

Itching – may use over-the counter (OTC) products as advised

- Topical or oral antihistamine (diphenhydramine-Benadryl®)
- OTC steroidal creams (such as 1% hydrocortisone-Cortaid®)

Natural Deodorants – may be used with radiation

- Crystal®
- Tom's of Maine® – Natural deodorant

Pelvic Treatment Fields

- Aquaphor®
- Calmoseptine® (order through pharmacy, medical supply or online)
- Inzo®
- Critic Aid®