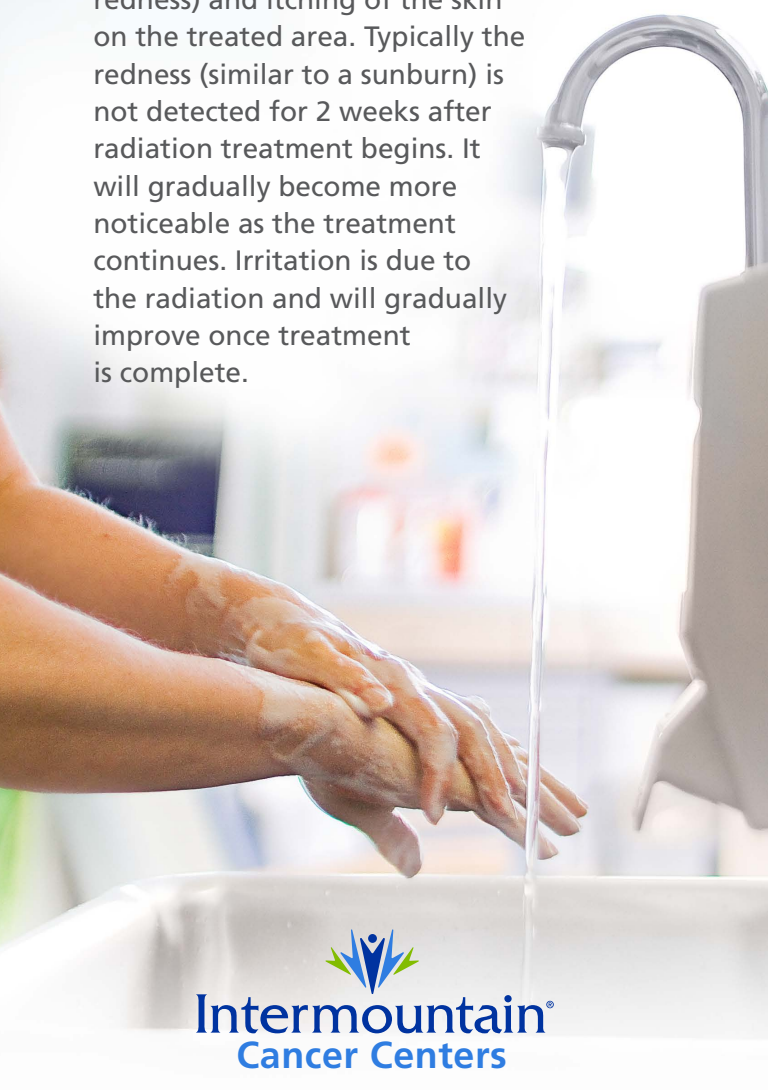


MANAGING SKIN IRRITATION

During radiation treatment, you may experience irritation (mostly redness) and itching of the skin on the treated area. Typically the redness (similar to a sunburn) is not detected for 2 weeks after radiation treatment begins. It will gradually become more noticeable as the treatment continues. Irritation is due to the radiation and will gradually improve once treatment is complete.



Intermountain[®]
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MANAGING SKIN IRRITATION



DO

- Wash the skin with lukewarm water, not hot or cold water
- Use mild soap and rinse off completely
- Gently pat skin dry instead of rubbing
- Use creams and ointments that have been approved or prescribed by your doctor
- Keep the area as dry as possible and talk with your doctor or nurse if your skin blisters or weeps



DON'T

- Use deodorant with aluminum
- Use creams and ointments that have not been approved or prescribed by your doctor
- Rub or scratch the skin in the treated area
- Rub off the markings your radiation therapist made on your skin
- Use ice packs, hot packs, or heating pads



PROTECT YOUR SKIN

- Wear clothes to cover the area being treated when outside
- Wear loose-fitting clothes
- Choose clothing and bed sheets made of soft cotton
- Use an electric razor—only if your doctor or nurse approves
- Use waterproof sunscreen with SPF 15 or greater
- Wear a protective hat

Once your skin has healed, ask your doctor about returning to your normal skincare routine. The treatment site will always be more sensitive to injury. In general, try to avoid sunburns and other burns in the treated area.

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