

# What To Do

## About Mild Skin Changes



“Some people in my cancer support group have dry, itchy skin or a sunburned look. My skin where I get radiation started hurting. Know what helped? I use a lotion that my nurse told me about. And I cover my skin when I am outside even for a few minutes.”

### Take these steps to care for your skin in the treatment area:

#### Check with your doctor or nurse before you put anything on your skin.

- Look at the list of skin products on the back of this sheet. Ask your doctor or nurse which ones are okay for you to use.

#### Protect your skin.

- Make sure your clothing covers the area being treated when you are outside.
- Wear clothes that are loose.
- Choose clothes and bed sheets made of soft cotton.
- Use an electric razor if your doctor or nurse says you can shave.

#### Care for your skin.

- Shower or bathe with warm, not hot, water. Don't shower more than one time a day.
- If you bathe, limit baths to two times a week. Bathe for less than 30 minutes.
- Gently pat your skin dry after showers or baths.
- **Don't** rub off the markings your radiation therapist made on your skin. They show where to place the radiation.
- **Don't** use heating pads, ice packs, or bandages on the area getting radiation.
- **Don't** use tanning beds.

**Tell your doctor or nurse if your skin stays wet or if you have sores.**

## Take this list with you to your doctor visit.

Ask your doctor or nurse to check and write in the brand name of the products that are okay to use.

- Bubble bath \_\_\_\_\_  
\_\_\_\_\_
- Cornstarch \_\_\_\_\_  
\_\_\_\_\_
- Deodorant \_\_\_\_\_  
\_\_\_\_\_
- Makeup \_\_\_\_\_  
\_\_\_\_\_
- Ointment \_\_\_\_\_  
\_\_\_\_\_
- Perfume \_\_\_\_\_  
\_\_\_\_\_
- Powder \_\_\_\_\_  
\_\_\_\_\_
- Shaving cream \_\_\_\_\_  
\_\_\_\_\_
- Skin cream or lotion \_\_\_\_\_  
\_\_\_\_\_
- Soap \_\_\_\_\_  
\_\_\_\_\_
- Sunscreen \_\_\_\_\_  
\_\_\_\_\_

**Ask your doctor or nurse about the best time to put on lotion or other skin products.**

## Watch out for a more serious skin problem (moist reaction).

If your skin hurts in the area where you get treatment, tell your doctor or nurse. Your skin might have a moist reaction. Most often this happens in areas where the skin folds, such as behind the ears or under the breasts. It can lead to an infection if not properly treated. Ask your doctor or nurse how to care for these areas.



### Free Services To Learn More

#### National Cancer Institute Cancer Information Service

- Phone:** 1-800-422-6237  
(1-800-4-CANCER)
- TTY:** 1-800-332-8615
- Online:** [www.cancer.gov](http://www.cancer.gov)
- Chat Online:** [www.cancer.gov/help](http://www.cancer.gov/help)



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