

Saline soaks



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Skin care during radiotherapy

The following applies to patients undergoing radiotherapy and who, as a result, are experiencing severe skin reactions. By severe skin reactions, we mean moist wounds in the radiated area. Please consult the doctor responsible for your treatment before using saline soaks for any other purposes.

Saline soaks help to keep your wounds clean.

Please consult the radiotherapy or nursing staff before commencing the skin care procedures described in this leaflet.

You will need:

- Gauze compresses, 9 x 10 cm
- Saline solution (NaCl 0.9 %)

Both can be purchased at a pharmacy.

How to treat your damaged skin:

- Uncover the damaged area of skin
- Wash your hands
- Soak the compresses in the saline solution
- Apply the compresses to the affected area
- Leave on skin for 10 to 15 minutes
- Allow to air dry
- If required, apply the perfume free skin lotion to areas of intact skin, avoiding the moist areas
- Allow the skin to absorb the lotion before dressing

When and how often?

- Perform your skin care routine *after* your daily radiotherapy.
- 1 to 3 times a day
- Continue with the saline soaks after completion of radiotherapy until the skin is intact.

Please keep in mind that it is important to expose your skin to air, which means:

- Wear cotton or wool clothing next to skin.
- Wear soft, loose clothing.
- When you are resting, lie with bare skin under a blanket.
- For breast cancer patients: avoid wearing a breast prosthesis.

If you have any questions, you are always welcome to ask the radiotherapy staff.