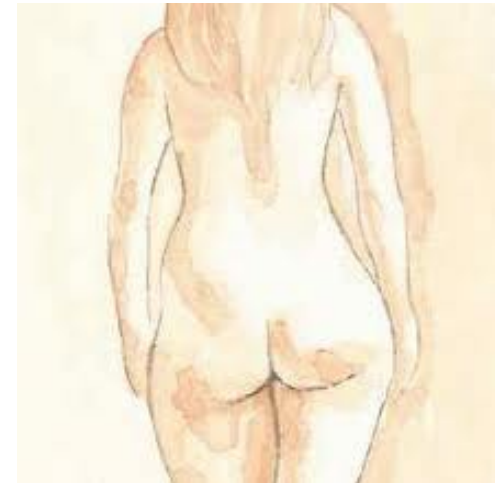


Skin care during radiotherapy



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Skin care during radiotherapy

Radiotherapy may cause skin irritation in the area subjected to radiation.

The risks of skin damage will vary according to your individual treatment plan, and the radiotherapy staff will advise you on which side effects to expect. Skin reactions can increase for some time after the completion of radiotherapy. In most cases, the skin will heal during the first four weeks after the completion of your treatment.

During radiotherapy we recommend that you follow the instructions below when caring for the skin in the area exposed to radiation.

. If you are in doubt, ask the radiotherapy staff.

- Washing: Carefully wash or shower the skin. Avoid very warm water and do not wash for a long time. Use only water, or a mild, non-perfumed soap. Do not rub the radiated skin, but gently pat the skin dry with a soft towel.
- Do not use perfumes or after shaves in the treatment area.
- Shaving: Use an electric razor.
- Clothing: Wear soft cotton clothing close to the skin, and avoid tight-fitting clothing. Try to keep the skin exposed to air whenever possible.
- Avoid direct sun exposure. Radiated skin is more sensitive to high or low temperatures, wind and sunshine. Use sunscreen (minimum SPF 20) on skin areas that are not normally covered by clothing, such as the face and neck.
- If your skin is red, sore and itchy you can, after consulting the radiotherapy staff, apply a thin layer of a non-perfumed skin cream.

Please note:

- This is general advice offered as a supplement to the information you will receive in conversations with the radiotherapy staff. In some cases, other advice might be relevant.
- Always ask for advice if any problems should arise during your radiotherapy treatment. Do not hesitate to contact us if you have any doubts or questions after your treatment has been completed.
- Follow the instructions in this leaflet until your skin has healed up after completion of radiotherapy.
- Skin that has been radiated will be permanently more sensitive to sun exposure.

If you have questions related to your treatment, you are always welcome to ask the radiotherapy staff. You can also address these issues with your doctor during your scheduled appointments.