

Radiation treatment can take a toll on your skin. Follow these tips and guidelines both during and after treatment for best results.

Skincare during radiation therapy

How to take care for your skin
during treatment

DMO Radiation Oncology



DMO
DE MUELENAERE ONCOLOGY

HOW TO CARE FOR YOUR SKIN DURING RADIATION THERAPY

Radiation is a pivotal part of your treatment. We understand it is a stressful time and will be here to assist throughout your treatment.

Before we start radiation, you can do your hygiene routine as per usual, with emphasis on moisturising the skin overlying the treatment area.

Here are a few guidelines we can use to look after the skin **one week before radiation starts, during and two weeks after** your treatment:



Remember, it is a **cumulative** dose of radiation, so you will notice slight changes adding up over the treatment time. Over the first week you should hardly see changes.

Once you have **started** treatment: Over the treatment area:



Don'ts

- No harsh chemicals/parabens/alcohol/sulphate-based products
- No fragranced skin products or soap
- No scours/loofas
- No scratching



Do's

- Wear loose and breathable clothing, no tight-fitting clothes/underwear that can chafe the skin.
- Cotton material works well as it is non irritating, breathable and soft on the skin.
- Avoid sun exposure
- Gently pat the skin dry after your shower or bath
- Avoid swimming as chlorine can further irritate your sensitive skin

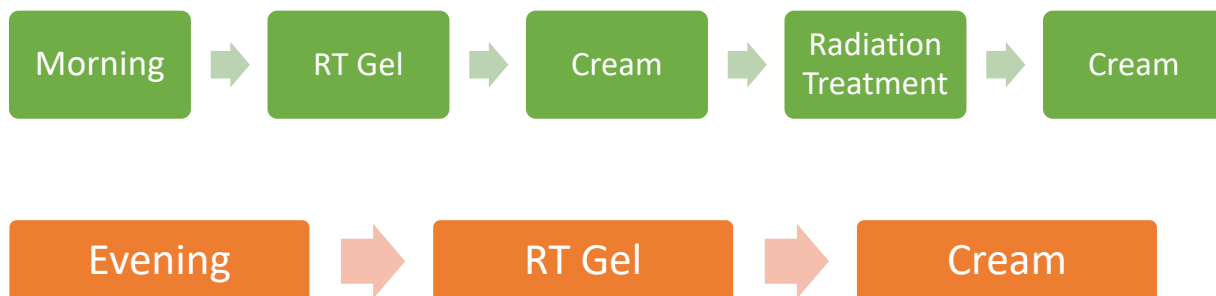


Be gentle and treat your skin the way you would if it was severely sunburnt.

In terms of a skin routine, what you can use:

- Mild fragrance-free soap – some suggestions: **Can.Science** mild therapy soap or normal/sensitive Dove soap or Epimax soap bar
- **RT gel/ Rayon gel** - Over clean skin apply a thin layer over the treatment area approximately 60 minutes before treatment to form a protective layer
- Moisturiser – Some suggestions: **Can.Science** Body Repair cream or SBR repair cream or Aqueous cream twice a day to moisturise, 10 minutes or so after the RT gel and again 30 - 40 minutes **after** treatment, if the skin is itchy, place cream in the fridge as the cold assists with the itchiness. If still itchy, take a soft towel put it in ice water and apply the cool wet towel over the treatment area. Please ensure that the towel is clean to prevent infections.
- Can use **roll-on** deodorant for sensitive skin as the sprays contain alcohol and can burn the skin
- If you have a lot of skinfolds or perspire a lot, you can use a bit of cornstarch as a powder to keep the area dry.

*Purchase **online @ Can.Science.co.za**



You can have cool to warm shower or bath
(Not scalding) **ONLY ONCE DAILY**

Over the rest of the body (that is not involved in the treatment area) you can use what you normally use.

From the **second week** of treatment, you will be seeing a doctor once a week to have a look at the skin and assist as needed.

You are welcome to ask questions any time, we will gladly assist. Kindly contact DMO reception if you need anything (Details on next page).

DMO Contact Information

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Your comfort and peace of mind is our top priority. Should you require any additional information or have questions during the waiting period, please do not hesitate to reach out to our radiotherapy department on 011 883 2330. Alternatively, you can contact them via email at sandtonplanning@iconsa.co.za