

Skin Care Instructions

These instructions will help you care for your skin over the course of your radiation treatment. Side effects may or may not occur on your skin, and are temporary if they do. Report any problems, concerns or questions to the doctor, nurse or therapist.

- Be gentle with your skin and the marks the physician has made on it.
- **DO NOT** remove the temporary marks, unless a permanent mark (tattoo) has been placed.
- Redness, dryness, itching, peeling or tanning may occur. Avoid scratching these areas.
- Report any skin changes to the doctor, nurse or therapist.
- Avoid sun exposure to the treated area. Wear an SPF 30 sunscreen anytime the treated area might potentially be exposed to sunlight.
- Use mild soaps and lukewarm water to wash the treated area. Do not scrub the skin.
- Ask the doctor, nurse or therapist if there are any special creams or mild lotions that would be helpful. The doctor can prescribe creams to use on the affected areas, if needed.