



# Skin Care



**Skin Care:** It is okay to bathe or shower daily with a mild soap. Wash the treatment area gently. Do not scrub the skin. If you have ink marks on your skin, please do not wash them off. Gently pat the skin dry.

During the course of your radiation therapy treatments, we ask that you put nothing on the skin in the treatment area except for the products recommended by the physician or nurse. Use moisturizers for dryness and over-the-counter hydrocortisone cream for itchiness. Apply products twice daily or as needed. We do not want the skin “greasy” when you come in for treatment. Underarm deodorant may be used.

Avoid the use of hot or cold in the treatment area. This includes the use of heating pads, hot packs, hot water bottles, ice packs, and ice bags. It is okay to use an electric blanket. Avoid the use of tape or Band-Aids in the treatment area.



**Sun Exposure:** During treatment, avoid exposing the skin in the treatment area to direct sunlight or tanning beds. If you plan on being in the sun for an extended period, cover the skin with clothing or broad-spectrum sunscreen with an SPF of 30 or higher. The treatment area will *always* be more sensitive to the sun and tanning beds.