



Appendix - 4 Ionising Radiation: Patient high skin dose procedure

This leaflet describes the skin reactions that may develop following your procedure in which you received a high skin dose of ionising radiation and how to care for the area.

These tips apply only to the treatment area. You can treat the rest of your skin normally.

How might my skin react to radiation?

You may develop a skin reaction localised in the area you had your procedure performed. You may notice any of the following side effects:

- Your skin gradually becoming pinker or darker, depending on your skin colour
- Your skin may feel dry, tight or sore
- A rash may appear and feel itchy and this may feel worse when you get warm or hot
- Loss of hair in the area could also occur

Skin reactions will usually settle down two to four weeks after your procedure.

General washing and skin care advice

This advice only applies to the skin in the treatment area

- You may bath and shower as normal – just ensure you use warm water rather than hot and avoid soaking the area for long periods of time
- You can continue to use your regular shower/ bath products; however, if your skin becomes irritable it is advisable to stop using that product
- Be gentle washing the area – do not use a wash cloth or similar and do not rub the area too hard
- Pat the area dry with a fresh/clean/separate soft towel or let the area dry naturally

Moisturising

- Moisturising your skin can help keep the skin in good condition and help to keep it supple
- You may use your normal moisturiser. Apply the moisturiser thinly, gently smooth it on and let it be absorbed – do not rub it in
- Try not to scratch your skin if it is itchy as this will further irritate the skin
- If your skin breaks, blisters or peels, stop using the moisturiser

Other products

- Avoid using perfumes, aftershave, makeup and hair dyes on or close to the procedure area as this may worsen your skin reaction
- Do not use sticky tape on the area (such as elastoplast or micropore)

Information for Patients

Clothing

Your skin may be more sensitive than normal. You may find it comfortable to:

- Wear loose fitting clothes
- Wear clothes made from natural fibers such as cotton or silk

The aim is to promote air circulation and avoid the skin being rubbed and irritated by clothing.

Your Consultant will organise an appointment with a Dermatologist.

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.