

RADIATION THERAPY & SKIN CARE

Understanding Skin Reactions and How to Take Care of Your Skin

Your skin may change during radiation therapy.

These changes are common, usually temporary, and may vary from person to person.



What Skin Changes Can Happen?



Red or pink



Dry or itchy



Warm or sensitive



Darker than usual



Peeling in some areas

These reactions are normal and usually improve within weeks after treatment ends.



HOW TO TAKE CARE OF YOUR SKIN

DO:



Wash gently

Use lukewarm water and mild, fragrance-free soap. Pat skin dry with a soft towel.



Moisturize regularly

Apply the moisturizer recommended by your care team. Use it gently and often.



Wear soft clothing

Choose loose-fitting, cotton clothing.



Protect from the sun

Cover the treated area or use a broad-spectrum sunscreen (SPF 30 or higher) as advised by your care team.



Stay hydrated

Drink plenty of water to help your skin heal.

AVOID:



Do not scratch or rub the area.



Avoid perfumes, colognes, lotions with alcohol, or scented products.



Avoid tight clothes over the treated skin.



Do not use heating pads or ice packs on the area.



Avoid shaving with razor blades if your skin is irritated.



Avoid direct sun exposure on the treated area.



WHEN TO CONTACT YOUR RADIATION TEAM

Please inform your healthcare team right away if you develop:



Severe redness or pain



Blistering or open skin



Fever or signs of infection



Bleeding from the treated area



Difficulty performing daily activities

Early care helps prevent worsening symptoms.



IMPORTANT REMINDER

Most skin reactions improve gradually within weeks after treatment ends. Your radiation oncology team is always available to help you manage side effects safely.



Follow the instructions provided by your healthcare team.
We are here for you.