



Skin Care: During Radiation Therapy

Will radiation cause skin changes?

- Radiation treatment may cause skin changes within the treated area. They are a normal part of treatment.
- Your skin will be checked weekly by your doctor. If you notice any problems with your skin, tell the nurse or therapists.

When does a skin reaction start?

- Not all patients develop reactions.
- If a skin reaction occurs, it may start after the 3rd or 4th week of treatment.
- If a reaction occurs, it may progress over the course of treatment.

What kind of skin reactions occur?

Skin in the treatment site may have one or more of these changes:

- Appear pink or red
- Tender to touch
- Dry, itching, or flaking areas
- Tanned look
- Decrease or change in sweat
- Hair loss
- Areas can weep fluid, peel or blister.

SKIN REACTIONS VARY FROM PERSON TO PERSON. YOUR DOCTOR WILL DISCUSS SKIN CARE AND DIFFERENT PRODUCTS AVAILABLE TO RELIEVE DISCOMFORT.

How should I care for my skin?

- Keep skin clean and dry, and exposed to air as much as possible.
- Protect the skin in treatment area from direct sun and extreme cold temperatures.
- Tattoos do not wash away during treatment.
- Hair loss may occur in treated area
 - Hair may grow back in 6-8 weeks
 - Sometimes loss is permanent.

Specific skin care guidelines:

During the day: _____

At night/before bed: _____

Special Instructions: _____

After treatment is finished:

Radiation effects continue for 1-2 weeks.

- In some cases, skin reaction may increase or worsen the first 1-2 weeks after treatment
- Avoid direct sun exposure for 2-3 months after radiation.
- Continue routine skin care as instructed by your doctor.

Call your doctor with any concerns.