

Radiotherapy Skin Care

MISSION STATEMENT

To act as a model institution to alleviate the suffering of patients with cancer through the application of modern methods of curative and palliative therapy irrespective of their ability to pay, the education of health care professionals and the public and perform research into the causes and treatment of cancer.



Revenue from these services is spent on the treatment of poor cancer patients.

Shaukat Khanum Memorial Cancer Hospital and Research Centre
7A Block R-3, Johar Town, Lahore, Pakistan.
Tel: 042 359 5000 | UAN: 111 155 555
www.shaukatkhanum.org.pk



Shaukat Khanum
Memorial Cancer Hospital
and Research Centre

Information for Patients

Radiotherapy Skin Care:

Skin reactions from radiotherapy are one of the most common side effects of treatment. Some patients are more likely to experience a significant radiation reaction depending on several clinical factors: the treatment site, the number and frequency of treatments and total dose. It is unlikely that radiation induced skin reactions can be completely prevented. The regular use of a moisturizer can delay the onset and minimize the severity of skin reactions. However, reactions tend to be worse in skin folds, for smokers and for those patients who are also having chemotherapy.

Skin reactions are most likely to start around week 2 to 3 and can be worse in the last week of treatment or 7-10 days after the treatment has finished. They can last up to 4 weeks after completion of treatment.

What should patients do?

1. To wear loose cotton clothing next to the skin
2. Avoid shaving the affected area or using wax for hair removal
3. Direct Sun exposure to the area should be avoided
4. Patients may use warm water and mild washing products to wash the area that is being treated
5. They should not soak too long in the bath but should dry the area with a soft towel and not rub, but pat dry
6. Perfumed soaps, talcum powder and perfumes may cause the skin become irritated in treatment area
7. Moisturizing cream should be gently applied to the area
8. Appropriate dressings and products should be used

on broken skin to reduce further trauma or infection

9. Suitable products should be non-adhesive or silicone low adhesive
10. Should take Pain medications as required