



Superficial Radiotherapy Care

As the effects of your treatment begin to build up, your skin will start to get a mild sunburn-like reaction. With Superficial Radiation Therapy, the goal is to keep your skin dry and avoid irritation. These are some tips for taking care of your skin in the treated area.

Washing: You can shower and bathe during the treatments. Make sure to use water that is not too hot. When showering, wash the treated area gently with your hands. Washcloths are discouraged to prevent abrasions. You can use mild, unscented soaps. Pat gently to dry.

Hair Removal: It is discouraged to shave over the area of treatment. Wax and other depilatory creams are discouraged.

Skin Products: Do **NOT** apply lotions, sunscreen, perfumes, or makeup over the treatment area. This is to keep your skin dry and avoid mineral or chemical irritants. Sunscreens may reduce the transmission of X-rays that are treating the skin cancer.

Clothing: Choose loose, soft, breathable clothing that does not rub against the skin. Avoid tight-fitting clothing and rough fabrics. A mild detergent to wash clothing is recommended. If the affected area is in the bra line, consider loose-fitting bras with no underwire.

Outdoors: Try to keep the treated area out of direct sunlight. Wear sun-protective clothing that protect you from the sun's ultraviolet rays, such as hats with a broad brim, long sleeve shirts, and long pants. Avoid applying sunscreen in the treatment area **ONLY**, as the minerals and chemicals can irritate your skin and block the X-ray from reaching the skin cancer.

Other: Do not scratch or rub your skin as it can cause friction and further irritate the area. The use of band-aids and adhesives over the treatment area should be avoided. Avoid extreme temperatures in the treatment area, i.e. hot compresses or ice packs.

Post Treatment Skin Care Recommendations: Avoid direct sun exposure. You may resume wearing your normal sun-protective clothing and SPF 60+ sunscreens. Generally, zinc oxide and titanium dioxide sunscreens are the least irritating to sensitive skin.