

SKIN REACTIONS



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Some individuals undergoing radiation therapy may develop a skin reaction in the treated area. These reactions can range from no visible change to symptoms similar to sunburn, including redness, dryness, and occasional itchiness. When skin reactions occur, they typically do not appear until after the second week of treatment and often peak approximately two weeks following the completion of therapy.

It is important to note that not everyone will experience a skin reaction. The likelihood and severity depend on several factors, including the treatment area, the radiation dose, the type of radiation used, and the total number of treatment sessions.

Radiation therapists closely monitor the condition of your skin throughout your course of treatment and will provide guidance should any reaction develop. There are several steps you can take to help minimise the risk or severity of skin reactions. If a reaction occurs, your care team will advise you on the most appropriate management strategies.

Skin Care Advice

NO.	ADVICE
1	Shower as normal using lukewarm (not hot or cold) water. Allow water to gently run over the treatment area. Dry with a soft towel, avoiding scrubbing. Avoid prolonged soaking in baths or swimming.
2	Use a mild, unscented, pH-balanced soap (e.g., baby soap) only if recommended by your oncologist. Use sparingly on the treated area.
3	Avoid rubbing the treated area. Friction worsens skin reactions. Pat dry gently with a soft towel.
4	Use cornflour or baby/antiseptic powder only if advised by your oncologist.
5	Do not worry if pen marks fade naturally, but do not deliberately remove them.
6	Do not apply anything to the treated area unless recommended by your radiation therapist or oncologist. Some products can worsen skin reactions.
7	Skin between the buttocks or groin may become irritated. Avoid scratching. Inform your oncologist as they can recommend or prescribe soothing creams.
8	You may experience altered bladder or bowel habits. Inform your radiotherapist or oncologist; they can advise or prescribe helpful medication.
9	Wear loose cotton underwear. Natural fibres are often better tolerated than synthetics.
10	Avoid exposing the treated area to excessive heat or cold (e.g., hot water bottles, heat packs, electric blankets, ice packs).
11	If you have concerns about sexuality or fertility, speak to your oncologist.
12	If you take vitamin supplements, check with your oncologist to confirm which can be continued during treatment.
13	Feeling more tired than usual is common during radiation treatment.
14	Fatigue is a normal side-effect of radiation therapy.
15	Your oncologist will review you once a week during treatment.
16	They may advise on or prescribe creams/medications to help relieve symptoms.
17	Do not hesitate to ask your radiotherapist or oncologist if you have questions or experience problems.
18	Inform your oncologist if you are taking any other treatments, as these may reduce effectiveness or worsen side-effects.

For more information - Call : 3110020/3110032 Website: villageoncology.health