



مركز كلينصو الطبي
CLEMENCEAU MEDICAL CENTER

AFFILIATED WITH **JOHNS HOPKINS** INTERNATIONAL



Skin Care Instructions for Patients Receiving Radiation Therapy.



During your treatments, radiation will pass through the skin in the area where you are being treated. Normally, your skin cells are being replaced with new cells continuously, causing the old cells to shed. During radiation therapy, the cells shed more rapidly. Because of this process, skin reactions vary with different skin types as well as individual treatment plans.

It is important to maintain a well-balanced diet and adequate fluid intake during radiation therapy. Your skin health is directly affected by it.

We have listed some of the preventive measures you should use in caring for your skin.

1. Bathe as usual with mild soap and lukewarm water.
2. Wash with a soft cloth and pat your skin dry. Be careful not to wash the treatment markings off.
3. Avoid the use of all medications, deodorants, perfumes, powders or cosmetics on the skin in the treatment area unless ordered by your doctor.
4. Tape, dressing and Band-Aids should be avoided in the treatment area unless permitted by your doctor.
5. Avoid wearing tight fitting clothing over the skin in the treatment area (bras, girdles, garters, belts and ties are the major offenders).
6. Wear soft cotton clothing over treatment area, rather than wools or other harsh fabrics. Leave the area open to the air as much as possible.
7. Avoid heat or cold applications (i.e. heating pads, hot water bottles, sun lamps, ice caps or ice bags).
8. Warm protective clothing is necessary when the skin in the treatment area is exposed to cold temperature and wind.
9. Avoid sun exposure to the treated area. Avoid swimming in saltwater or chlorinated swimming pools.
10. Avoid trauma, scratching and bruising to the skin in the treatment area.
11. Use an electric razor to shave hair in the treatment area, if shaving is necessary.

For any question or clarification do not hesitate to contact: Radiation Therapy Department at 01/372888 extension: 1880

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