
BREAST SKIN CARE

Skin changes in the treatment areas are a common side effect from radiation therapy. The changes are gradual and will occur over several weeks. The skin may become dry, itchy, and red (like a sunburn) around the 3rd week of treatment.

- You may bathe daily using warm (**not hot**) water & mild soap like Dove or Camay. Do **not** let the shower “beat” on the treatment area. Gently pat the treatment area dry.
- Do **not** rub off the markings your radiation therapist made on your skin.
- Protect and cover the skin in the treatment field from the sun. No tanning beds. Avoid scratching the skin in the treatment area.
- Avoid shaving in the treatment area.
- Do **not** use an Aloe plant as the plant may have bacteria which can cause infection. If the skin is intact, you can use the plant, but we do not want to introduce bacteria.
- Try to find a deodorant that does **not** have alcohol which may dry out the skin.
- Do **not** use skin products on the skin in the treatment field without speaking to the nurse or doctor. You may use the following OTC creams. These should **not** be applied within 2 hours of your treatment.
 1. Remedy is an over the counter cream that is usually not stocked in pharmacies – but we have one locally that stocks it. Walgreens can order within 24 hours. Generic name is Dimethicone 1.5%. In our Sanford location, the closest pharmacy that stocks it is Discount Rx Pharmacy: 407-322-2244
 2. Biafine/Prutect. Prescription. May be expensive.
 3. Cortisone 1% cream for itchy intact skin.
 4. Silvadene: especially if skin is breaking down, cream may stain clothes black color.
- Make sure to apply the cream to the axilla area (armpit), and in the breast crease.
- We can give a prescription cream called Biafine (generic name is prutect). This can be applied three times a day and will help lessen your reaction to the radiation and speed up the time it takes for your skin to recover. Don't pay more than \$15-\$20 for the Biafine/Prutect. Silvadene is usually cheaper.

Please provide nurse with your pharmacy information, so that we can electronically prescribe this medication for you.