



## Skin care following radiotherapy to the breast

This leaflet in the “Helpful Hints” series is intended to help you look after your skin if it becomes fragile, moist and broken following your breast radiotherapy treatment.

It is common for skin to become red and itchy during and following radiotherapy treatment. Now that you have finished your radiotherapy treatment you should continue to apply aqueous cream to unbroken skin for at least 14 days.

However, if you find that the skin in the area treated becomes fragile, moist and broken, you will need to treat this area as described below:

- Keep the area clean by washing it gently with water only (no soap or shower gel).
- Contact your GP or practice nurse and ask for some Hydrogel (we suggest Purilon gel or Intrasite gel). It is also available as ready prepared dressings called Mepitel and Actiform Cool. Either product is suitable. (It may be useful to show this leaflet to your GP or practice nurse.)
- Continue to treat the broken skin until healed (usually for 10-14 days). Return to your GP or practice nurse if you need more dressings or advice.

If you or your GP need further information please contact:

Mount Vernon Cancer Centre  
Outpatient Nurses  
01923 844276  
Mon-Friday 8.30am - 5.30pm

Mount Vernon Cancer Centre  
Clinic Radiographers  
01923 826111 Bleep 130  
Mon-Friday 9am - 5pm

### **If using Purilon gel or Intrasite gel:**

1. Clean the affected area by washing it gently with water.
2. Cover a non-stick gauze dressing with the gel.
3. Cover the affected area with the dressing.
4. If possible, avoid using tape. If tape is needed to secure the dressing, use only paper tape, and ensure it is not applied to any sore areas. Paper tape is available from your pharmacist.
5. Apply fresh dressings morning and evening.

### **If using Mepitel or Actiform gel dressings:**

1. Clean the affected area by washing it gently with water.
2. Apply to the affected area.
3. Cover with a non-stick gauze dressing.
4. If possible, avoid using tape. If tape is needed to secure the dressing, use only paper tape, and ensure it is not applied to any sore areas. Paper tape is available from your pharmacist.
5. Apply fresh dressings morning and evening.