

ADVICE

RADIODERMATITIS

- Avoid overly hot water.
- Avoid Lotion or perfume with alcohol.
- Dry yourself with a towel, without rubbing.
- Use a gentle soap.
- Apply an adapted cream (1-2/d).
- Do not apply a cream or gel 2 to 4 hours before the radiotherapy session on the irradiated area.
- Avoid exposure to the sun without adapted protection.
- Reduce shaving on the treatment area.

ADVICE

DRY SKIN

- Prefer cotton clothes, not too tight.
- Avoid exposure to the sun without adapted protection.
- Cut your nails to avoid scratching.
- Use a gentle soap.
- Avoid long bath.
- Avoid overly hot water.
- Dry your skin gently.

ADVICE

FOLLICULITIS

- Apply an emollient 1-2/d.
- Dry oneself with a towel clean at each use, without rubbing.
- Do not pierce the pimples and avoid scratching.
- Do not use acne treatment*.
- Avoid exposure to the sun.

* No efficacy was shown. More over, the application of acne products can dry the skin and cause burning, irritation and stinging.

ADVICE

HAND-FOOT SYNDROME

- Use soft slippers and thick socks.
- Wear wide-fitting shoes and cotton socks.
- Consult a podiatrist.
- Apply skincare cream 1-2/d.
- Avoid contact with harsh chemicals.
- Avoid overly hot water.
- Avoid sources of heat.

ADVICE

PHOTOSENSITIVITY

- **Minimize exposure** to UV radiation.
- Wear sun-protective clothing.
- Use a broad-spectrum sunscreen.

ADVICE

BIODERMA
LABORATOIRE DERMATOLOGIQUE

SOURCES

- Dry skin: Harvard Health Publishing and American Society of Clinical Oncology (ASCO).
- Folliculitis: Association onco partage.
- Hand-foot syndrome: American Society of Clinical Oncology (ASCO).
- Photosensitivity: SKIN CANCER FOUNDATION *Navin Arora, MD.*
- Radiodermatitis: The Society and College of Radiographers.

✦ MEDI-SECURE