

SOUTHEASTERN

D E R M A T O L O G Y

MEDICAL · SURGICAL · COSMETIC

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Post Procedure Instructions: **Superficial Radiation Therapy (SRT)**

AFTER PROCEDURE:

- **Washing:** Patients should be encouraged to wash the irradiated skin daily using warm water and non-perfumed soap. The use of washcloths may cause friction and are therefore discouraged. The use of a soft towel to pat dry is recommended.
- **Use of Deodorants:** Patients may continue to use deodorants.
- **Other Skin Products:** Patients are discouraged from using any perfumed products which may contain chemical irritants and induce discomfort. Products such as gels or creams should not be applied. Patients should be encouraged to use products advocated by the radiation department.
- **Hair Removal:** The use of an electric shaver is recommended, and wax or other depilatory creams are discouraged. Patients are asked not to shave the axilla if it is within the treatment field.
- **Swimming:** Patients may continue to swim in chlorinated pools but should rinse afterwards. Patients experiencing a radiation skin reaction which has progressed beyond dry desquamation should avoid swimming.
- **Band-Aids, Tape and Clothing:** Rubbing, scratching, and massaging the skin within the treatment area causes friction and should be discouraged. The use of Band-Aids or tape on the skin should also be avoided. Wearing loose fitted cotton clothing may avoid traumatic shearing and friction injuries. The use of a mild detergent to wash clothing is also recommended.
- **Vaseline:** The use of Vaseline based products on the treatment area should be avoided.
- **Sun Exposure:** Patients should be instructed to avoid direct sun exposure and cover the irradiated skin. The use of sunscreen products with at least SPF 30 are recommended for at least one year following treatment.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.

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