

## Patient information factsheet

# Skin care after high dose radiology procedures

We have written this factsheet as a guide to caring for your skin after having a high dose radiology procedure. We hope it will help to answer some of the questions you may have.

### Skin reaction

During your procedure, we will need to use x-rays which can occasionally lead to radiation side effects. This may take the form of a localised skin reaction. Your radiographer will explain which areas of your skin may be at risk of developing a reaction.

If your skin reacts, it may become red, warm, tight or itchy. The reaction will develop slowly over two to three weeks after the procedure. The severity of the reaction varies for everyone, and some people will not react at all.

### Minimising skin reactions

To help minimise any skin reaction, make sure that you:

- are gentle when washing the area exposed to the procedure
- use lukewarm water and an unperfumed soap
- rinse the area well and pat dry with a soft towel
- avoid any vigorous rubbing of the area (this can cause soreness)
- do not use talcum powder or any other skin products on the area
- do not apply direct heat or cold to the area (such as ice or heat pads)
- do not expose the treated area to the sun (this can damage the skin)
- do not use any petroleum-based products

Examine the affected area every day for two to three weeks after the procedure to check for any skin reactions. If you are unable to check the area (for example, if it is on your back), please ask a family member to check for you.

### If you notice a skin reaction

If you notice a skin reaction, **do not** attempt to treat it yourself.

If you notice any changes to your skin after two to three weeks, you will need to make an appointment with your GP for an assessment of your skin. They will be aware of the procedure you've had and the possible skin reactions you might experience.

If you notice any reaction before this time, visit your GP straight away for support and advice. Take this factsheet with you to ensure your GP has as much information as possible.

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## Contact us

If you have any questions or concerns before your procedure, please contact us.

Radiology department

Telephone: **023 8120 6588** (Monday to Friday, 9am to 5pm)

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