

Patient information factsheet

Skin care after interventional x-rays

We have written this factsheet as a guide to caring for your skin after your x-ray procedure. We hope it will help to answer some of the questions you may have.

Skin reaction

In 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 (only use creams recommended by your radiographer, doctor or tissue viability nurse)

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 do notice a reaction, do not attempt to treat it yourself.

Follow up

If you live in an SO postcode, we will make an appointment for you to see the tissue viability nurse in approximately two weeks' time. We will give you the details of this appointment before you leave the department.

At the appointment, the nurse will assess your skin. This is a good opportunity to discuss any skin-related concerns.

If you live in any other postcode, you will need to make an appointment with your GP for a similar assessment of your skin ten days after the procedure. We will send a letter outlining the procedure and the possible skin reaction to your GP.

Patient information factsheet

If you notice any reaction before this time, visit your GP straight away for support and advice. Please do not wait for your appointment. Take this leaflet with you to ensure your GP has as much information as possible.

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**