

Patient information factsheet

Skin care after neuro-interventional x-ray procedures

We have written this factsheet as a guide to caring for your skin after having a neuro-interventional x-ray 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. Some people may also experience localised hair loss (hair loss in one area). 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 doctor or nurse specialist)

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

A neurovascular specialist nurse will call you two to three weeks after you leave hospital to see how you are. This is a good opportunity to discuss any skin-related concerns. You will then have a follow-up appointment in our clinic after three months.

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If you notice any reaction before this time, or you have any concerns, please contact us for advice.

Contact us

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

Neurovascular nursing service

Telephone: **023 8120 8428**

If we are unable to answer your call, please leave a message with your name and telephone number and we will call you back as soon as we can.

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