

Skin Care Information

Barrier Cream For Breast & Chest Wall

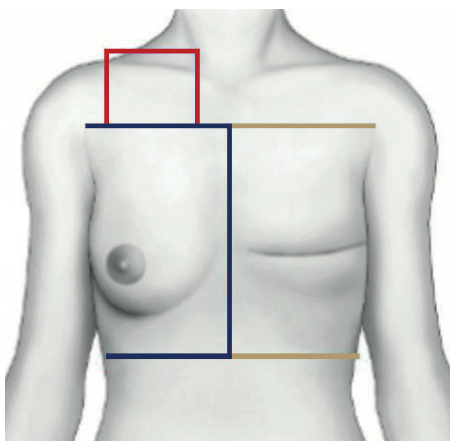
Barrier creams are designed to help prevent radiation skin reactions and should be used from the first dose of radiation therapy. Immediately after your first treatment, a team member will give you a tube of cream or gel to start using.

These recommendations only apply to the area being treated. You may use your usual soap, shampoo and skin products on the other areas of your body. Please speak to the treatment or nursing team about any concerns, changes or discomfort. There are additional products and advice to support your personal needs.

Self-care:

- Apply the barrier cream thinly (use small fingertip amount each time you need to spread) to the clean and dry treatment area twice a day during, and for two weeks after radiation therapy has finished. Allow 5 minutes to dry to prevent clothes staining. In most cases, one tube of cream should be sufficient for your full course of treatment. Please do not use other products on the treatment site at this time.
- When washing the treatment area, use warm water, avoid scrubbing, and gently pat dry. If using soap, use mild soap such as Dove extra sensitive or Simple soap that you can buy from the supermarket. You can use normal shampoo/conditioner.
- Do not apply heating or cooling devices in the treatment area such as wheat or ice packs.
- Avoid wet shaving/waxing or hair removal under the arm on the treatment side during the course of treatment and until any skin reaction has completely gone. An electric razor is fine.
- Avoid hot pools, spa pools, chlorinated pools and saunas while on treatment and until any skin reaction has completely gone.
- Be aware of the clothing you wear over the treatment area: Wear loose fitting, soft, cotton clothing, use a soft cup bra (not underwire).
- Do not apply sunblock to the treatment area during radiation therapy. Following radiation therapy, once skin reactions are completely gone this area will **always** be more sensitive to the sun. Please wear a hat (cover) or apply at least 30+ SPF (sun protection factor).

Where to apply the barrier cream (Left or Right)



- Standard breast treatment borders
- Standard chest wall treatment borders
- If your lower neck/shoulder area is being treated, use the cream here. Apply the cream to the front of your clavicle/lower neck and in the **same area on your back**.