



East Hawaii Health
1285 Waiuanuenu
Cancer Center

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SKIN CARE RECOMMENDATIONS FOR BREAST CANCER PATIENTS

- Before, during and after radiation treatments keep breast and surrounding area clean and dry.
- If using deodorant do not put any on prior to radiation treatment. You may use it after treatment.
- Don't shave under affected arm.
- Moisturize treatment area often. Dr. Wilcox and Dr. Gerner recommends Keri[®], Lubriderm[®] or Calendula lotion, Coconut oil and Aloe Vera gel (store bought not from the plant). If this is the first time using any of these products, use on a small area for a few days to check for any possible reaction or allergies.
- Please refrain from using any of these lotions two hours prior to radiation treatment.
- During radiation treatments your skin may get itchy please do not scratch. You may use 1% Hydrocortisone cream (generic brand is fine) on the affected area.
- As your treatment progresses, your skin reaction may worsen. Aquaphor[®] and Neosporin[®] may be needed. The radiation therapists will monitor your skin daily and inform the radiation oncologist of any changes.
- Avoid sun exposure to the affected area during radiation treatments.

