



PATIENT EDUCATION

Skin care during radiation

A plain-language guide for patients and families. Bring this to your visit. It does not replace advice from your clinician.

What happens to skin in the treatment field?

The skin over the treated area can become pink, dry, itchy, or tender — like a sunburn that builds over days. This is called radiation dermatitis. It is a local effect in the beam path, not an allergy to the machine. Superficial and skin treatments are more likely to show it; deeper treatments may still tan or dry the skin.

What you may notice

- Pink or red color that deepens in the last weeks of a course
- Dryness, flaking, or a tight feeling
- Itch or mild burning when clothes rub the area
- Darker skin tones may show deeper brown or purple change more than bright red

Everyday care for everyone

Wash with lukewarm water and a mild unscented soap. Pat dry — do not rub. Use only lotions your clinic names. Loose cotton clothing helps. Do not ice, heat, or put adhesive tape on the field unless the team shows you how.

Where CureRays may fit. Bring a list of creams you already use. We will tell you what to start, when to pause, and what to avoid (alcohol wipes, scented products, and home “burn” remedies). Confirm products with your care team before you add something new.

What treatment visits involve for skin

- The therapist checks the marks or images each day so the same skin is treated
- Do not wash off official marks unless you are told to; we will remark if needed
- If a dressing is required, we will apply or teach it — do not improvise tape on raw skin



Practical tips

- **Sun.** Cover the field. Do not tan the area. Use clinic-approved sunscreen on intact skin if you go outside.
- **Shaving.** Ask before you shave the field. Electric shavers are often gentler if allowed.
- **Pools and hot tubs.** Usually pause while the skin is open or very red.
- **Itch.** Do not scratch. Cool cloths and the named lotion are safer than extra products.

When to call the clinic

- Blistering, wet peeling, or skin that opens or weeps
- Spreading redness, pus, fever, or a foul smell
- Pain that is not eased by the plan you were given
- A rash outside the treatment field that worries you

Questions to ask

- Which lotion should I use in week 1 versus later weeks?
- May I swim, hike, or wear a gun belt / bra / collar that rubs this area?
- What does a problem that needs a same-day visit look like on my skin tone?
- How long after the last session should redness keep fading?

How to schedule or learn more

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