BREAST AND CHEST WALL RADIATION INSTRUCTIONS

Skin Care

DO

- Breast Radiation: Wear soft, cotton bras (without underwire) to lessen irritation. As an option, while at home, remove bra and lie down with affected arm up, if possible, to keep the fold under your breast and armpit area dry.
- Wash the area being treated daily using a mild, fragrance free, moisturizing soap; e.g. Dove® – Sensitive Skin. Be gentle when washing treated area and pat dry.
- Use gentle deodorant during radiation, such as:
  - Crystal®
  - Tom's of Maine®
  - Cornstarch can be used for moisture.
- Moisturize the skin three times a day, with moisturizers such as:
  - Aveeno® Skin Relief/ Aveeno Intense Relief
  - Calendula® cream or gel
  - Lubriderm® Sensitive Skin therapy
  - Aquaphor®
  - Aloe 100% Pure, No Alcohol added.
- Use sunscreen with at least SPF 60 on treated area for up to six months AFTER treatment has completed.

DO NOT

- Shave, use depilatories or wax under the arm, on the side that is being treated.
- Expose the skin in the area being treated to heat or cold. Avoid direct sunlight.
- Use perfume, or any other product containing alcohol in the treated area.
- Use "clinical strength" deodorant, as it may be too harsh.
- Apply deodorant or moisturizers less than 4 hours prior to treatment time. Moisturizers should NOT have lanolin.
- Use any powder as they can create an environment for fungal infections.
- You will see your Radiation Oncologist each week and any questions can be discussed at this time.

Diet and Exercise

- Eat a well-balanced diet with protein. You do not have any food restrictions.
- It is OK to take multivitamins. DO NOT take extra vitamin C, E or beta carotene during radiation.
- Stay hydrated. Limit any other beverages containing caffeine. Avoid alcohol.
- Light exercise such as walking and swimming has been shown to decrease the fatigue that some patients may experience during treatment.
- Stretching during and after radiation will help avoid muscle stiffness which sometimes occurs. If you have not been shown which stretches to do, please ask your doctor or nurse.

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