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## SKIN CHANGES DUE TO TREATMENT OF CANCER

SKIN CHANGES may include:

- Redness or dry or peeling skin
- Red spots which may be flat or raised.
- Pimples or pustules, which eventually become dry and crusted.
- Fissures on fingertips or heels.
- Itching, tenderness or burning sensation.
- Appearance of Shingles or Herpes Zoster infection.

SKIN CARE:

**CLEANSING:**

- Use lukewarm water and mild soaps or cleansers such as:  
Basis, Neutrogena, Cetaphil, Dove, or Ivory Skin Cleansing Liquid Gel.
- Avoid bar soaps or products with alcohol or peroxide (cause burning and dryness of skin).

**DRY SKIN:**

- Apply thick, alcohol-free emollient cream or moisturizer TWICE per day, such as:  
Eucerin cream, Cetaphil cream, Aquaphor ointment, Bag Balm, Udderly Smooth Udder Cream, Vaseline Intensive Care Lotion, Zim's Crack Crème, Vanicream, Cutemol.

**ITCHING:**

- Apply emollient cream or moisturizer for dry skin (listed above).
- Try Aveeno bath, Sween cream, Benadryl lotion, Sarna Ultra cream or Gold Bond lotion/powder.
- If skin cream not effective for itching, try Benadryl 25 mg tablet orally every 6 hours as needed.
- Avoid scratching.

**CRACKS/FISSURES:**

- Apply Band-Aid Liquid Bandage into skin cracks/fissures to relieve pain and promote healing.

**SUN EXPOSURE:**

- Avoidance of sun exposure is recommended. Wear a hat with a brim when outdoors.
- Use SPF 30 sunscreen when outdoors in the sun.

**PRESCRIBED MEDICATIONS:**

- Antibiotic or steroid cream, or oral antibiotics may be prescribed for you. Please follow instructions.

**WHEN TO CALL:**

- Please call if you are concerned - on any day -at any time- about any issue!
- Please call EARLY if you are not well, so that office visit may be scheduled if needed.
- Temperature above 100.4.
- You have a painful, red rash (possible shingles or Herpes Zoster).
- You are unable to complete your usual daily activities due to your rash or skin changes.
- You are unable to sleep.
- You have uncontrolled discomfort or pain.