



Wear sunscreen, lip balm and loose-fitting clothes and a hat with a wide brim when outdoors.

Side Effects - **Skin and nail changes**

Cancer treatments may cause a range of skin and nail changes. Talk with your health care team to learn whether you will have these changes, based on the treatment you are receiving.

These skin problems are more serious and need urgent medical attention:

- Sudden or severe itching, a rash or hives, as these may be signs of an allergic reaction.
- Sores on the part of your body where you are receiving treatment that become painful, wet and/or infected. This is called a moist reaction and may happen in areas where the skin folds, such as around your ears, breast or bottom.

Ways to protect your skin, prevent infection and reduce itching:

- **Use recommended skin products.** Aquaphor, Eucerin cream, Vanicream, Udder cream or Bag Balm (many names), Aloe plant gel or Aloe Vera gel that is at least 97% Aloe. You may apply hydrocortisone cream if the treatment area is itchy. Alternate with approved skin care products.
- **If you are receiving radiation,** check with your nurse or provider before applying other skin care products. Start using skin care products on the first day of treatment. Apply two to three times each day. Do not apply skincare products 30 minutes BEFORE radiation treatment.
- **Protect your skin.** Ask about lotions or antibiotics for dry, itchy, infected or swollen skin. Avoid heating pads, ice packs or bandages on the area receiving radiation therapy. Shave less often and use an electric razor or stop shaving. Wear sunscreen, lip balm and loose-fitting clothes and a hat with a wide brim when outdoors.
- **Prevent or treat dry, itchy skin (pruritus).** Your provider will work to assess the cause of pruritus. Avoid products with alcohol or perfume. Take short showers or baths in lukewarm water. Put on lotion after drying off from a shower, while your skin is still slightly damp. Keep your home cool and humid. Eat a healthy diet and drink plenty of fluids to keep your skin moist and healthy. Apply a cool washcloth or ice to the affected area. Acupuncture may help.
- **Prevent or treat minor nail problems.** Keep your nails clean and cut short. Wear gloves when you wash the dishes, work in the garden or clean the house.

Talk with your health care team

- What symptoms or problems should I call you about?
- What steps can I take to feel better?
- What products can help my nails stay healthy?
- What skin and nail products should I avoid?
- When will these problems go away?

When cancer treatments cause skin and nail problems, there are creams and lotions that can help your skin to feel better.