

## Skin Care During Treatment

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Chemotherapy, radiation, and medications may cause changes to your child's skin. Tell your healthcare provider about rashes, redness, open areas, or any other skin irritation.

### Some of the common skin changes during treatment are:

- Dryness
- Increased sensitivity to sun
- Rashes or open areas which may be slow to heal
- Irritation in the area surrounding the anus and/or the vagina or penis
- Dry, chapped lips
- Redness or darkening of the skin
- Risk of skin infections

### Managing Side Effects:

- Bathe daily with a gentle, scent-free soap
- Use a scent-free moisturizing lotion after bathing
  - Always check with your health care provider before using any sort of medicated cream, ointment or lotion
  - Do not use any lotions, creams, or ointments if your child is receiving radiation or total body irradiation
- Do not share any skin care products, including makeup
- Clean and cover any areas of broken skin
- Drink plenty of fluids
- Apply lip balm with SPF 15-30

### Sun Protection:

Protection from the sun is especially important when receiving chemotherapy, radiation, after hematopoietic stem cell transplant or taking certain medications.

#### Sunscreen Application

- Apply "water resistant" sunscreen with SPF 30 or greater with both UVA and UVB protection 30 minutes before going outdoors
  - ❖ *Hypoallergenic* – may lessen the risk of developing a rash or an allergic reaction
  - ❖ *Noncomedogenic* – may be better for your skin if you have acne. Gels are often preferable
- Reapply sunscreen covering all exposed areas including head and ears, at least every 1-2 hours. Reapply after swimming, sweating, or after using a towel to dry off
- Sunscreen should be applied even on cloudy days or when around reflective surfaces such as snow, sand, and water
- Apply lip balm with SPF 15-30

Skin Care

**Protective Clothing**

- Wear sunglasses and hats wide enough to cover face, neck, and ears while outside
- SPF clothing will provide extra protection

**Planning for Outdoor Activities**

- Limit time spent in the direct sun, especially between the hours of 10am and 4pm.
- If outside during these hours, try and find shady areas to avoid direct contact with the sun

**Artificial Tanning**

- Do not use tanning salons or tanning beds
- Chemicals found in self tanners dye the skin to create a tan. They are NOT sunscreens, unless the product specifically says it contains a SPF

**Contact Us**

- **For patient care assistance, please call the following phone numbers:**  
Jimmy Fund Clinic (617) 632-3270  
Business Hours 8 a.m. to 5 p.m., Monday through Friday
- Page Operator (617) 632-3352  
Off hours: weekdays after 5 p.m., holidays, and weekends  
Page pediatric hematology/oncology fellow on call
- Life Threatening Emergencies dial 911