



接受放疗期间对皮肤的护理

保护皮肤的提示

本讲义是为接受放射治疗的患者准备的。它提供了基本的保护皮肤提示，以及针对接受治疗部位的具体护理方法。

放射治疗对皮肤有何影响？

在放射治疗 2 至 3 周的后，接受放疗部位的皮肤可能会出现下列的情况：

- 皮肤发红、受刺激或被晒伤
- 干燥、发痒或开始脱皮

请密切注意所有皮肤褶皱的部位。包括颈部、腹部、腋窝、乳房下方、腹股沟或裆部。这些地方的皮肤更有可能受到刺激。

有助于保护皮肤的提示

- 向放射治疗师咨询，那个部位的皮肤可能会受到放射治疗的影响。
- 像平常一样洗澡和淋浴。但是，不要使用含有润肤油、香水或除臭剂的肥皂。可以尝试的品牌有象牙、多芬牌-敏感皮肤、Basis 或露得清等品牌的产品。
- 对皮肤要特别轻柔。
- 治疗部位的衣服要宽松、柔软。
- 如必须在治疗部位剃刮体毛，只能使用电动剃刀。不要使用直刃或安全剃须刀。
- 用帽子、围巾或其他衣物保护皮肤免受阳光照射。
- 治疗部位的皮肤要保持清洁及干燥。
- 在每次放射治疗前，要轻轻地洗去所有的药膏和清洗剂。
- 如对自己的皮肤有任何疑问或问题，请与放射科的护士交谈。
- 当发现皮肤有变化时，请告诉护士。



在接受放疗期间对皮肤要特别轻柔。

基本的护理

- **不要**在接受治疗的部位使用香水、剃须前或剃须后水、体香剂、护发素或其他头发造型产品，除非医生或护士说可以用。
- **不要**使用含有铝或锌等金属的产品，包括氧化锌软膏。
- 在治疗期间，**不要**使用油性或石油基产品，如凡士林、婴儿油、软膏或维生素 E 油。
- 每次治疗前 2 小时内**不要**在皮肤上涂抹任何凝胶、乳液或乳霜。
- **不要**在皮肤上使用玉米淀粉或爽身粉。这些产品会导致皮肤出现真菌。
- **不要**在治疗部位的皮肤做热敷或冷敷。不要使用加热垫、电热毯、热水袋或冰袋。
- **不要**将治疗部位暴露在极热或极冷的环境中，如用非常热的水淋浴或泡澡，桑拿或蒸汽浴，阳光直射，或直接吹到从空调器吹出的冷空气。
- **不要**在治疗部位使用胶带或创可贴。
- **不要**用毛巾擦洗皮肤。
- **不要**抓挠、擦洗或摩擦皮肤。
- 治疗部位**不要**穿紧身的衣服。

治疗部位的护理

头部

- 使用婴儿洗发水或露得清。
- **不要**使用护发素、含护发素的洗发水或定型产品。
- 在户外时要戴帽子。

面部及颈部

- 不要使用化妆品、润肤剂、防晒霜、香水或须后水。
- 保持该部位免受阳光照射。

胸部

- 除非医生说可以、否则**不要**使用体香剂。
- 穿遮盖胸部免受阳光照射的衣服。

腹部或盆腔

- 不要在治疗位使用润肤剂、爽身粉或乳霜。
- 排便后肛门要清洁干净。
- 让皮肤自然风干，或将吹风机设置在凉风点并隔着一点距离、将皮肤吹干。如皮肤受到刺激，不要用毛巾擦洗或擦干。

手臂、手、手指、腿、脚或脚趾

- 不要使用乳液、护肤霜或防晒霜。
- 穿宽松的衣服。
- 穿宽松的鞋子、使脚趾和脚掌有足够的空间。

保持皮肤不受阳光的伤害

放射治疗后的几年里，在治疗部位的皮肤会对阳光非常敏感。需要小心地照顾皮肤。晒伤可能会使皮肤产生与辐射线相同的反应。

在皮肤从因治疗引起的伤害痊愈后：

- 每次外出时都要使用防晒霜（SPF30 或更高）。
- 不要让治疗部位长期处于阳光直射下。

您有疑问吗？

我们很重视您的提问。如有疑问或顾虑时，请致电您的医护提供者。

UW Medical Center
Radiation Oncology 华大医疗中心癌症放射科电话：
206.598.4100

Skin Care During Radiation Therapy

Tips to help protect your skin

This handout is for people having radiation treatments. It offers tips to protect your skin and specific care tips for the area being treated.

How will radiation therapy affect my skin?

After 2 to 3 weeks of radiation treatment, your skin in the area being treated may:

- Look red, irritated, or sunburned
- Be dry and itchy or begin to peel

Closely watch all places with skin folds. These include your neck, stomach, armpits, under your breast, and in your groin or crotch. The skin in these areas is more likely to become irritated.

Tips to Help Protect Your Skin

- Ask your radiation therapist what area of your skin may be affected by your radiation therapy.
- Bathe and shower as normal. But, do **not** use soaps that contain lotions, perfumes, or deodorants. Some brands to try are Ivory, Sensitive Skin Dove, Basis, or Neutrogena.
- Be extra gentle with your skin.
- Wear loose, soft clothing over the treated area.
- If you must shave in the treated area, use **only** an electric razor. Do not use straight-edge or safety razors.
- Protect your skin from the sun with a hat, scarf, or other clothing.
- Keep the treatment area clean and dry.



Be very gentle with your skin while you are having radiation treatments.

- Gently wash off all creams and lotions before each radiation treatment.
- Talk with your radiation nurse if you have any questions or problems with your skin.
- Tell your nurse when you notice changes in your skin.

Basic Care

- Do **not** use perfume, pre-shave or aftershave, deodorant, hair conditioner, or other styling products on the area being treated, unless your doctor or nurse says it is OK to do so.
- Do **not** use products that contain metals like aluminum or zinc, including zinc oxide ointment.
- Do **not** use oil- or petroleum-based products such as Vaseline, baby oil, ointments, or vitamin E oil during your treatment.
- Do **not** apply any gel, lotion, or cream to your skin for 2 hours before each treatment.
- Do **not** use cornstarch or powder on your skin. These products can lead to fungus on your skin.
- Do **not** apply heat or cold to your treated skin. Do not use heating pads, electric blankets, hot water bottles, or ice packs.
- Do **not** expose the treatment area to extreme heat or cold, such as very hot showers or baths, saunas or steam rooms, direct sunlight, or cold air direct from an air conditioner.
- Do **not** use tape or Band-Aids on the treatment area.
- Do **not** scrub your skin with a washcloth.
- Do **not** scratch, scrub, or rub your skin.
- Do **not** wear tight clothing over the treatment area.

Care for the Area Being Treated

Scalp

- Use baby shampoo or Neutrogena.
- Do **not** use conditioners, shampoo with conditioners, or styling products.
- Wear a hat when you are outside.

Face and Neck

- Do **not** use makeup, moisturizer, sunscreen, perfume, or aftershave.
- Keep the area shaded from the sun.

Chest

- Do **not** use deodorant, unless your doctor says it is OK to do so.
- Wear clothes that protect your chest from the sun.

Belly or Pelvis

- Do **not** use lotion, powder, or cream on the area.
- Clean your bottom well after bowel movements.
- Allow your skin to air dry, or dry it with a hair dryer on the cool setting at a short distance. If your skin is irritated, do **not** scrub or towel dry.

Arms, Hands, Fingers, Legs, Feet, or Toes

- Do **not** use lotion, cream, or sunscreen.
- Wear loose clothing.
- Wear shoes that do give your toes and feet plenty of room.

Keep Your Skin Safe from the Sun

Your skin in the treatment area will be very sensitive to the sun for years after radiation treatment. You will need to treat your skin carefully. Sunburn may cause your skin to have the same reaction it did to the radiation.

After your skin heals from treatment:

- Use sunscreen (30 SPF or higher) every time you go outside.
- Do **not** let the treatment area be in direct sun for long periods.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UW Medical Center Radiation Oncology: 206.598.4100