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## Side Effects and Skin Care During Breast Radiation Therapy

Skin irritation is an expected side effect of radiation therapy treatment.

- Some SUGGESTIONS to help avoid additional irritation to the skin:
  - Wear loose, soft clothes
  - Wear a bra without an underwire
  - Avoid sun exposure to the area that is receiving radiation
  
- During the course of radiation treatment, a physician will see you once a week to assess your skin
  - You should use another moisturizer at least once daily.
    - We recommend using a moisturizing lotion that does not contain sunscreen or fragrance.
  - If you start to develop worsening skin irritation, a physician will assess and prescribe creams or give additional instructions accordingly.

**Contact our clinic at 520-320-2146 if you develop:**

- Nipple discharge
- Breast swelling/warmth or worsening pain
- Fever

These instructions will be reviewed with you during radiation 😊

- Fatigue is another potential side effect of the radiation. It usually starts 2-3 weeks after treatment begins. The fatigue may or may not increase during the duration of treatment. It should not disable you. It should start to improve 1-2 weeks after completion of treatment and you should be back to baseline by one month after treatment.

After completing radiation treatment, the skin irritation usually gets worse for about 1-2 weeks before subsiding.

Typically, by one month after treatment the skin is healed. At this point, there is usually tanning of the skin that previously was red.