

Skin care after having a complex X-ray procedure

Department of Radiology

Information for Patients

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Name of procedure:

Date:

If you have any other procedure which may involve radiation in the next 8 weeks, please bring this leaflet with you to your appointment and hand it to a member of staff before your procedure starts.

Why have I been given this leaflet?

You have been given this leaflet because you have had a complex X-ray procedure (an interventional procedure) or several interventional procedures close together. These procedures sometimes use higher levels of X-rays than those used in plain X-rays and CT scans.

Sometimes when the amount of radiation used is above a certain level it can cause side effects on your skin. This usually shows up as reddening of the skin (erythema) which may appear similar to sunburn but in a small area.

When might I see reddening (erythema)?

Erythema may appear within a few hours after the X-ray procedure or it may appear after several weeks. You may not develop any reddening at all.

What should I do?

In 2 days you, or a family member or friend, must check your:

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to look for any signs of redness or a rash on your skin.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Continue to keep an eye on the area and if you suffer any discomfort or see any reddening we advise that you see your GP as soon as possible and follow the advice below.

How can I care for my skin if I do develop reddening (erythema)?

- Apply a moisturiser to the reddened area 2 times a day. For example E45 cream.
- Take a bath or shower every day if possible, using baby soap or unperfumed soap or unperfumed shower gel.
- Pat the area dry with a soft towel, being particularly gentle with folds of skin, taking care not to rub.
- Do not swim if you have visibly red skin.
- Do not use a sun bed.

Is there anything else I should look out for?

The reddening of your skin may continue to worsen, and your skin may also become moist after your treatment has finished. This can last for 2 to 3 weeks.

If your skin becomes moist, stop using the moisturiser and contact a radiotherapy nurse (as they are experienced in dealing with these skin reactions). You can call them on **0116 258 5639** Monday to Thursday 8.30am to 5pm and Friday 8.30am to 1.30 pm.

Important information

If you are due to have any other procedure which may involve radiation in the next 8 weeks, please bring this leaflet with you to your appointment and hand it to a member of staff before your procedure starts.

Once your skin has settled, be careful with the treated area when in the sun. Your skin may be more sensitive and we recommend that you use a sunscreen cream of at least factor 30.

You may dispose of this leaflet 8 weeks after the date of your procedure.

What if I need to talk to someone?

If you have any questions or concerns, please call the Radiology Department on 0116 258 8765 Monday to Friday, 9am to 5pm.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk