

# Skin care after having a complex X-ray procedure

Department of Radiology

Information for Patients

Last reviewed: July 2025

Next review: July 2028

Leaflet number: 124 Version: 3

**Name of procedure:** .....

**Date:** .....

If you have another test or treatment using radiation in the next 8 weeks, bring this leaflet with you to your appointment. Give it to a member of staff before your procedure.

## Why have I been given this leaflet?

You have had a complex interventional X-ray procedure, or more than one interventional X-ray procedures close together. These use higher levels of X-rays than in normal X-rays and CT scans.

When the amount of radiation used is above a certain level it can sometimes cause side effects on your skin. This can happen on the part of your body where you had the X-ray procedure. Your skin may feel different to touch. If you have light colour skin, the skin may look more pink or red. It can look like sunburn in a small area. If you have darker skin, the affected skin may look darker. It is called erythema.

## When might I see skin changes (erythema)?

You may notice changes a few hours to a few weeks after your X-ray procedure. You may not see any change in skin colour.

## What should I do?

In the next 2 weeks, check every day (or ask family or friend to check) your:

.....

to look for any signs of redness, dark patches or a rash.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://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](mailto:InformationForPatients@uhl-tr.nhs.uk)

## How can I care for my skin if I get erythema?

- Apply a moisturiser to the affected area 2 times a day. For example E45 cream.
- Take a bath or shower every day if possible. Use a mild soap such as baby soap, unperfumed soap or unperfumed shower gel.
- Pat the area dry with a soft towel. Try to be very gentle with folds of skin, taking care not to rub.
- Do not swim if your skin is red.
- Do not use a sun bed.

## Is there anything else I should look out for?

The reddening or darkening of your skin may get worse. Your skin may 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 your GP.**

When you skin is better, protect it from the sun. It may be more sensitive. We recommend that you use a sunscreen cream of at least factor 30.

## Reminder:

If you have another test or treatment using radiation in the next 8 weeks, bring this leaflet with you to your appointment. Give it to a member of staff before your procedure.

You can throw this leaflet away 8 weeks after the date of your procedure.

## What if I need to talk to someone?

If you have any questions or concerns: Contact your GP practice.

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  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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](mailto:equality@uhl-tr.nhs.uk)