

How to care for your skin after a radiation injection problem?

Department of Nuclear Medicine

Information for Patients

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Name of procedure and isotope:

Date of procedure:/...../.....

Why have I been given this leaflet?

We have given you this leaflet as there were problems with your injection. This might cause some side-effects. Sometimes the injection does not spread around the body as it should (extravasation). Instead, it stays around the injection site. In nuclear medicine this means that your skin might get more radiation than expected.

What might happen?

You might feel burning / pain right away. The area may change colour, swell or bruise.

There may be no further side-effects, but the radiation could make your skin red (erythema), like sunburn. This is rare.

Depending on the dose of radiation you get, you might have more side-effects. Again, this is rare, and normally only happens during a therapy procedure. If this happens you will be given personalised advice.

What should I do?

For **the next 24 hours:**

- use a hot compress
- massage the area
- keep the affected limb raised as much as possible

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

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

From 24 to 48 hours:

- Use a cold compress, for about 15 minutes, 4 times a day.

After 48 hours:

- Over the coming weeks, check your injection site for any redness or a skin rash.
- Keep an eye on the area. If you have any discomfort / reddening, contact nuclear medicine and your GP as soon as possible. Tell them the procedure name and date. See page 3 for the nuclear medicine's contact details.

How can I care for my skin if it gets red (erythema)?

- Apply a moisturiser (like E45 cream) on the red area, 2 times a day.
- Take a bath or shower every day if possible. Use baby soap or unperfumed soap / shower gel. Pat the area dry with a soft towel, do not rub. Be gentle with folds of skin.
- Do not use a sun bed or swim if your skin is red.
- When in the sun, cover the area if possible. Use at least SPF 30 suncream once the area has healed.

Is there anything else I should look out for?

If you get a high radiation dose (usually from a therapy procedure), the redness may get worse. Your skin may also become moist. This can last for 2 to 3 weeks after symptoms appear. If your skin becomes moist, stop using moisturiser and sun creams. Contact your GP for a dermatologist review. Please let us know using the contact details below.

If you have had a diagnostic procedure :

If your skin gets red (erythema), and you have any other procedure with radiation in the next 8 weeks, please bring this leaflet to your appointment. Give it to a member of staff before your procedure starts. You may throw away this leaflet 8 weeks after the date of your procedure.

If you have had a therapy procedure :

Keep following the advice on this leaflet, unless your treatment team tells you something different. We will give you more personalised advice if needed.



Contact details

If you have any questions or concerns, please call the Nuclear Medicine Department on the phone numbers below, Monday to Friday, 9am to 5pm.

Leicester Royal Infirmary: **0116 258 5627**

Glenfield Hospital: **0116 258 3850**

If you have a question about your medical condition please contact your GP or the doctor who made your referral.

Useful websites:

www.informed-scan.com

www.bnms.org.uk

www.radiologyinfo.org

www.patient.co.uk

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 uhl-tr.equalitymailbox@nhs.net