

Survivor Wellness

Skin Care Products



RECOMMENDED SKIN CARE PRODUCTS

Recommended over the counter (OTC) skin care products:

- Aquaphor
- Eucerin cream
- Udder Cream or Bag Balm (many names)
- Vanicream
- Aloe plant gel or Aloe Vera gel that is at least 97% Aloe is OK to use if you alternate with other recommended OTC skin care products
- If treatment area is itchy, Hydrocortisone cream is OK to use if you alternate with recommended over the counter skin care products

Check with your nurse or provider before applying other skin care products

Skin care and radiation therapy:

- Start using skin care products on 1st day of treatment or soon after starting treatments
- Apply OTC skin care products 2-3 times each day.
- Never apply skin care products 4 hours **BEFORE** radiation treatment
- Vitamin E is OK to use **AFTER** radiation treatments are complete

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