

# Skin Care for Head and Neck Radiation – Grade 1 Dermatitis

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You may notice that your skin has changed since you started radiation therapy. Your skin may be red, irritated, dry and itchy. This is called radiation **dermatitis**. Radiation dermatitis is often rated as a “grade” based on how your skin has changed during treatment. Your health care team has checked your skin and as of \_\_\_\_\_, you have **grade 1 dermatitis**.

## How to Take Care of Your Skin

It is important to take special care of your skin now that it has started to change during radiation therapy.

### Things you should do:

- Wash your skin each day with mild soap and warm water and pat dry. **Do not** rub or scrub your skin. Use mild, fragrance-free soap, such as Dove, Ivory, Neutrogena, Basis or Castile.
- If needed, you may use an electric razor with a guard to trim your facial hair. **Do not** use blade razors.
- Use Aquaphor 3 to 4 times each day, or whenever your skin feels dry. To spread Aquaphor more easily on your skin, it may help to mix it with a small amount of Remedy.
  - ▶ You may use a **thin** layer of cream or lotion on the treated area before your radiation therapy. **Do not** put on a thick layer of cream or lotion. You may continue to use a thin layer up until you arrive at your radiation appointment.
- Stay away from extreme cold and heat, such as hot water and ice packs.
- Wear clothes with soft fabrics (such as cotton) that do not rub or irritate your skin.

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**