

# Skin Care for Head and Neck Radiation – Grade 2 Dermatitis

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You may notice that your skin has continued to change during your radiation therapy. Your skin may now be redder, peeling with some patchy open areas and tender to touch. 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 2 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 mixed with Lidocaine 3 to 4 times each day to any area of your skin that is **not open**.
  - ▶ You may use a **thin** layer of Aquaphor on the treated area before your radiation therapy. You may continue to use a thin layer up until you arrive at your radiation appointment.
- Your doctor may give you a prescription for Silvadene cream. Use a thin layer of Silvadene cream 2 times each day to any area of your skin that is **open**. It is important to wash the area of your skin with mild soap and water before you use the cream.

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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.**

- ▶ **Do not** leave Silvadene cream on your skin during radiation treatments. It is important to wash the area of your skin with mild soap and water before your treatments.
- 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.

## **How to Mix Aquaphor with Lidocaine**

Follow the directions below to mix Aquaphor with Lidocaine. Use this mixture 3 to 4 times each day on any area of your skin that is **not open**.

### **Supplies:**

- Aquaphor (10 grams or 0.35 ounces)
- Lidocaine Syringe (provided by a member of your health care team)
- Clean container with lid

### **Directions:**

- Squeeze contents of small Aquaphor tube (10 grams) or 0.35 ounces of Aquaphor into a clean container.
- Add 1 Lidocaine syringe into the container.
- Mix Aquaphor and lidocaine together until the ointments looks white in color.
- When not in use, seal the lid on the container.