



Cardiology Department

Skin Care Advice after High Dose X-Ray Procedures

Your procedure required a large amount of x-rays which may make a small area of your skin red and sore, similar to sunburn. This is called erythema.

The area of the skin affected may be on your back or on your side (depending where the x-rays were pointing during your procedure).

You should examine this area every day for two to four weeks after the procedure to check for any skin reaction. You may need to ask a family member to help you.

You may not notice any skin change at first but may notice some redness and discomfort 10 – 20 days after your procedure, or sometimes even later. It may increase slightly in the following 10 days but after that it should usually improve.

Some people have no reaction at all.

There are several ways you can help to reduce any soreness:

- Wash your skin with lukewarm water (you may have a bath or a shower) but avoid soap on the affected area. You can use the creams listed in the next section as a substitute for soap.
- Very gently pat your skin dry with a soft towel.
- Apply the cream (see below) up to four times a day. Do not rub in vigorously.
- Please do not use any other powders, creams or lotions on the affected area.
- Wear loose cotton clothing if possible and let the air circulate around the affected area.
- Take appropriate pain relief if necessary.

In future, you should avoid exposing the affected area to direct sunlight, particularly when abroad.

The affected skin may remain more sensitive to the sun's rays and once the reaction has settled, you should always use a total sunblock (SPF 50 or above).

Types of cream

The following creams are suitable:

- Epaderm
- Diprobase
- Dermal 500
- E45

These are light creams which soothe and hydrate the skin. They can be bought from any pharmacy and also prescribed.

How to use the cream

- Make sure there is no powder or other cream on the affected area.
- Do not rub in vigorously.
- Carry on washing the affected area with lukewarm water, using the cream as a soap substitute.
- Apply up to four times a day.
- Creams can be kept in the fridge for a cooling effect.
- Continue to use the cream until the skin has returned to normal. This may take 10 days or more.
- If the skin breaks, becomes more inflamed or appears infected, seek medical advice (see contact details below).

Follow Up

An appointment will be made for you to see the Cardiac Rehabilitation team in approximately four weeks when your skin will be examined.

If any reaction occurs before this appointment, please contact the Cardiology Day Ward on 01305 254990

If you contact your GP about skin soreness or reddening as a result of your procedure, please take this leaflet with you.

If you have any other x-ray procedures (including CT scans) within 14 days of the date above, please give this leaflet to the hospital staff.

More information

If your skin becomes sore and red as a result of your procedure, please contact:

Cardiology Day Ward on 01305 254990

Date of procedure:

Type of Procedure:

About this leaflet:

Author: Rosalie Millar, Lead Cardiac Radiographer
Written: September 2017
Approved: September 2017
Review date: September 2020
Edition: 1

References:

Millar, R. 2013. *Skin care advice after x-ray procedures*. [Leaflet, Online]. Salisbury: Salisbury NHS Foundation Trust. Available at: <http://www.icid.salisbury.nhs.uk/Diagnostics/Radiology/patientinformation/Documents/skin%20care%20advice%20after%20xray%20PI1040.pdf> [Date accessed: 15 September 2017].

University Hospital Southampton NHS Foundation Trust. 2012. *Skin care after x-rays*. [Leaflet, Online]. Southampton: University Hospital Southampton NHS Foundation Trust. Available at: <http://www.uhs.nhs.uk/Media/Controlleddocuments/Patientinformation/Scansandx-rays/Skincareafterxrays-patientinformation.pdf> [Date accessed: 15 September 2017].

North Bristol NHS Trust. 2014. *Skin Care Advice Following Radiology Procedures*. [Leaflet, Online]. Bristol: North Bristol NHS Trust. Available at: https://www.nbt.nhs.uk/sites/default/files/attachments/Skin%20Care%20Advice%20Following%20Radiology%20Procedures_NBT002791.pdf [Date accessed: 15 September 2017].

International Atomic Energy Agency. 2013. *Erythema* [Online]. Available at: https://rpop.iaea.org/RPOP/RPoP/Content/InformationFor/HealthProfessionals/5_InterventionalCardiology/erythema.htm [Date accessed: 15 September 2017].

If you have feedback regarding the accuracy of the information contained in this leaflet, please email pals@dchft.nhs.uk.



INTEGRITY | RESPECT | TEAMWORK | EXCELLENCE

© 2017 Dorset County Hospital NHS Foundation Trust
Williams Avenue, Dorchester, Dorset DT1 2JY
www.dchft.nhs.uk