

Skin conditions

Symptom Management

There are several different ways your skin may respond to cancer treatment, including rashes, blisters, redness, pain or irritation. Skin may also become sensitive to sunlight so it's important to keep your skin protected.

What can I do?

- Have a daily shower, bath or wash, using warm water with a mild or unperfumed soap or emollient.
- Avoid very hot water.
- Applying unperfumed moisturiser such as aqueous cream may relieve dry flaky skin.
- If you are having radiotherapy, check with your doctor before using creams on the area being treated.
- Apply sunscreen regularly (SPF50) and wear a hat even if the sun does not appear to be strong.

When to call The Royal Marsden Hotline:

- If you develop new rash, swelling, redness or itching that covers over 30% of your body.
- To help estimate this one arm is about 10% of your body. Call if the affected area is about the size of three arms.

Contact us



The Royal Marsden Hotline: 020 8915 6899
(available 24 hours a day, 7 days a week)