

# High Dose Skin Care Advice following an X-ray Procedure

**Some X-ray procedures can make your skin red and sore, similar to sunburn. This is called 'erythema' and this leaflet gives advice on skin care.**

**If you have any further questions, please speak to a doctor or nurse caring for you.**

The area of skin affected may be on your back or on your side (depending on where the X-rays were directed during your procedure). You will not notice any skin change at first but you may notice some discomfort 10 to 14 days after your procedure or sometimes even later.

It will increase slightly in the following 10 days but after that it should improve rapidly.

## **How can I help to reduce any soreness?**

- Wash your skin with lukewarm water (you may have a bath or a shower) but do not use any kind of soap on the affected area.
- Very gently pat your skin dry with a soft towel.
- Apply a cream (see below) sparingly up to four times a day. Do not rub in. 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.

## **What do I need to do in the future?**

You should avoid exposing the affected area to direct sunlight, particularly when abroad. The affected skin will always remain more sensitive to the sun's rays and you should use a total sun block when the reaction has settled.

## **Types of cream**

Aqueous cream is a light cream which soothes and hydrates the skin. It can be bought at a small cost from any pharmacy. The following creams are recommended: E45, Epaderm and Diprobase. These are light creams which soothe and hydrate the skin.

## **How to use the cream**

- Make sure there is no powder or other cream on the affected area.
- Use sparingly so that the cream is absorbed into the skin. Do not rub it in.
- Carry on washing the affected area with lukewarm water.
- Apply up to four times a day.
- It can be kept in the refrigerator for a cooling effect.
- Continue using the cream until the skin has returned to normal. This may take 10 days or more.
- Stop using the cream if the skin breaks, becomes inflamed or appears infected. If this happens, contact your GP.

## **More information**

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

## **Contact us**

If you notice any soreness, reddening or changes in appearance of the exposed area, please contact the hospital on 020 8725 3298.

Interventional Radiology  
St James' Wing  
St George's University Hospitals NHS Foundation Trust  
Blackshaw Road  
London SW17 0QT

**Tel:** 020 8725 3298

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## **Additional services**

### **Patient Advice and Liaison Service (PALS)**

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### **NHS Choices**

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### **NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### **AccessAble**

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure

everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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