

- Avoid scrubbing the skin during showers or baths. Gently pat skin dry after bathing.
- Avoid colognes, after-shaves, and after-bath splashes that contain alcohol.
- Use an electric razor.
- Drink 2 to 3 quarts of liquid a day, if you've been told it's OK to do this. Ask your cancer care team how much is safe to drink.
- Protect your skin from cold and wind. Avoid hot water and heat, especially dry heat.
- Ask your cancer care team what you can do to help relieve dry skin.

What caregivers can do

- Help the patient put lotions or oils on hard-to-reach places.
- Offer extra fluids. Ask the cancer care team how much fluid is safe for the patient to drink.

Call the cancer care team if the patient

- Develops very rough, red, or painful skin
- Has signs of infection, such as pus or tenderness near broken skin

Hyperlinks

1. www.cancer.org/cancer/managing-cancer/side-effects/eating-problems/fluids-and-dehydration.html
2. www.cancer.org/cancer/managing-cancer/treatment-types/chemotherapy.html
3. www.cancer.org/cancer/managing-cancer/treatment-types/radiation.html
4. www.cancer.org/cancer/managing-cancer/treatment-types/targeted-therapy.html
5. www.cancer.org/cancer/managing-cancer/treatment-types/stem-cell-transplant.html

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Brant JM, Stringer LH. Skin & nail alterations. In Brown CG, ed. *A Guide to Oncology Symptom Management*. 2nd ed. Pittsburgh, PA: Oncology Nursing Society; 2015:599-619.

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Last Revised: February 1, 2020

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