

Gynaecological (Gynae) Skin Care

Oncology - Radiotherapy

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

This leaflet aims to provide information on the various skincare available as well as when, and where, this should be applied, along with the frequency for use.

The review radiographers will advise you on skincare:

Use the product until the skin is completely healed, follow manufactures advice for the length of time to use the product if the skin is still not healed 3 months post treatment.

Product	When to use	Where to apply	Frequency	Tick when to start
Flamigel RT	Start this on 1st day of radiotherapy	Apply to pelvic / groin region. Do not apply internally Please note: stop applying if broken skin occurs but can be used on areas of intact skin.	Apply a thin layer three times per day.	
Flaminal Hydro	Start this when the skin has broken, and a moist reaction occurs (but not secreting exudate).	Apply to areas of broken skin. Do not apply internally.	Apply a pea size amount once daily.	
Flaminal Forte	Start this when the skin has broken, and a moist reaction occurs.	Apply to areas of broken skin. Do not apply internally.	Apply a 4-5mm layer once daily or more if wiped off.	
Intrasite	Start this when the skin internally is sore or broken.	This can be applied internally to aid discomfort. This can be used in conjunction with instillagel.	Apply a thin layer three times per day.	
Instillagel	Start this when the skin internally is sore or broken.	This can be applied internally to aid discomfort. This contains an anaesthetic which helps numb the local area.	Apply a thin layer three times per day.	
Polymem dressing	Start this when the skin has broken and a moist reaction occurs	Apply to areas of broken skin where a moist exudate is forming. Ensure applied so that adhesive fixings are outside the treated area. Do not use alongside creams, use on its own.	Apply once daily or change when soiled.	

Please contact the gynae radiographer team if you experience any issues when using the product - such as a reaction including prolonged stinging or a rash.

Instillagel: you may experience mild stinging for up to a minute - if this continues for a longer period of time - please clean off and stop using.

Helpful things to do or not do whilst using one of the listed products:

Do's:

- Continue with daily gentle washing, use plain water in intimate areas and ensure water is not too hot. Gently pat the area dry
- Saltwater baths are very beneficial with aiding skin side-effects
- Use cotton underwear and wear loose, breathable clothing to allow air circulation. When at home, try to remove underwear where possible and avoid sanitary pads or panty liners if able to do so

Do not's:

- Please avoid shaving or using hair removal cream in pubic region as this causes friction and worsens skin reactions
- Talcum powder or Sudocrem™ is not advised as it absorbs moisture and blocks pores and hair follicles. This contradicts the optimum conditions needed for healing and maintenance of the skin
- Avoid extremes of hot or cold to the treated area

Where the products can be sourced- unless they are provided by the NHS?

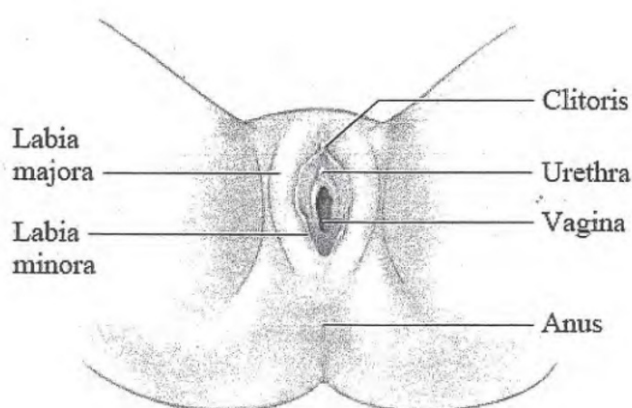
Please speak to the radiographer team if you have any issues with your skin, your skin will be assessed and you will be supplied with skin care needed. If a repeat of the product is needed, please inform the team. Whilst on treatment, the hospital will supply. Post treatment, the gynae radiographers will request the prescription to be done at your G.P's.

Further Helpful Information

If an infection is suspected, please inform a member of the team so we can have this reviewed by a doctor. A wound swab will be done and anti-biotics prescribed if indicated.

Please do not apply any creams one hour prior to radiotherapy appointment

Figure 2: WebMD, 2014



Contact Details

Mobile: 07825781820
Ext: 82463

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。

Designed & Produced by the Department of Clinical Illustration,
New Cross Hospital, Wolverhampton, WV10 0QP Tel: 01902 695377.