Skin and Nail Changes



"I was glad to learn that most skin and nail problems go away after treatment. For now, my nurse told me about a lotion to help my skin feel better."

Call your doctor or nurse if:

- You develop sudden or severe itching
- Your skin has a rash or hives

Let your doctor or nurse know if:

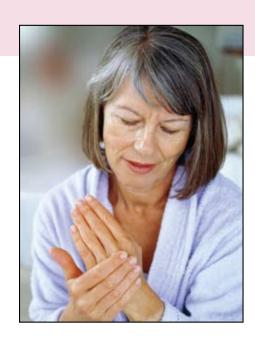
- Your skin is itchy, dry, red, or hurts
- Your nails are dark, yellow, or cracked

For minor skin problems:

Be careful what you put on your skin.

- Use only mild soaps that are gentle on your skin.
- Use lotions and creams. Ask your nurse when to use them.
- **Don't** use products on your skin that have alcohol or perfume in them.

Ask what products or brands you should use on your skin.



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Protect your skin from the sun.

- Try to stay out of the sun.
- When you are outside, always wear sunscreen and lip balm. Or wear a long-sleeved shirt, pants, and a hat with a wide brim outdoors.
- Don't use tanning beds.

Treat your skin gently.

- It may help to take short showers or baths in warm water. Don't take long baths in hot water. Pat your skin dry instead of rubbing it.
- Dusting your skin with cornstarch may help.
 Put it in the folds of your skin such as under your arms, behind your knees, and under your breasts.
- Shave less often, or stop shaving if your skin is sore.

For minor <u>nail</u> problems:

- Keep your nails clean and cut short. Check with your nurse before you get a manicure.
- Wear gloves when you wash the dishes, work in the garden, or clean the house.
- Check with your nurse for products that can help your nails.

Questions to ask your doctor or nurse:

- 1. What problems should I call you about?
- 2. What brands of soap and lotion are best for me to use?
- 3. What should the SPF (sun protection factor) be in the sunscreen and lip balm that I use?
- 4. Would a special oatmeal bath help my skin to itch less?
- 5. What products can help my nails?
- 6. When will these problems go away?
- 7. After treatment, how much longer will I need to use sunscreen?

FREE SERVICES TO LEARN MORE

National Cancer Institute Cancer Information Service

Phone: 1-800-4-CANCER (1-800-422-6237)

TTY: 1-800-332-8615 **Online:** www.cancer.gov

Chat Online: www.cancer.gov/help





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