

SKIN TOXICITIES

WHAT PATIENTS CAN DO

This leaflet will help you prevent and manage skin toxicities related to your targeted therapy.

TO DO

TO AVOID



Contact your healthcare provider straight away when you have a skin reaction



Use fragrance-free, mild soap for sensitive skin
Bathe and shower in lukewarm water
Use a bland emollient (ointment or cream)



Use broad-spectrum sunscreen (SPF 30+) and lip balm, under all weather conditions
Wear sun-protective clothing (hats, long sleeves)



Lubricate your hands and feet before any activity
Use gloves for hand-oriented tasks (e.g. gardening)
Wear well-fitting shoes and socks



Wear shoes with a wide toe box



Use gentle hair care
Wear a hat and use sunscreen on areas of sparse hair



Keep good oral hygiene



Use medication as prescribed
Use prophylactic medication even if you have no symptoms

Avoid hot showers

Avoid midday sun (10 am–2 pm)

Avoid heat and friction on hands and feet
Avoid repetitive tasks and vigorous exercise

Avoid sharp angles on nails when trimming

Avoid excessive processing (e.g. colouring, straightening, blow-drying)

Contact your healthcare provider for more information