Skincare Rash

Let’s talk about skin rashes...

- A skin rash is a change in the colour, texture, or integrity of your skin, which might also be itchy.
- Contact your healthcare team if your rash is new.
- If you are getting radiation therapy and you have a rash at the site of treatment, call the Radiation Oncology team.

*If you are undergoing IMMUNOTHERAPY and have these symptoms please contact your healthcare team as soon as possible. Delays can increase side effects and toxicity.

**What you can do**

**PREVENTION:**

- When showering, use warm water instead of hot water.
- Take short showers and use mild non-scented soap.
- Avoid skin irritants such as alcohol-based or scented creams.
- Avoid the sun, or protect yourself from the sun.
- Moisturize your skin daily.

**Management**

- Take oatmeal baths when your skin is itchy.
- Use a cool compress for itchy skin.
- Talk with your doctor (or other healthcare team member) to see if you could benefit from a medicated cream (for the rash or itchiness).

Based on: Remote Symptom Practice Guides for Adults on Cancer Treatments © 2020 D Stacey for the Pan-Canadian Oncology Symptom Triage and Remote Support (COSTaRS) Team. University of Ottawa School of Nursing and the Ottawa Hospital Research Institute, Ottawa, Canada.

Other resources

- More resources at: [mcgill.ca/rcr-rcn/patient](http://mcgill.ca/rcr-rcn/patient)

In your hospital

**Symptom Hotlines**

*Don’t hesitate to call!*

Hours of operation: 8AM to 4PM

**MUHC:** (514) 934-1934 ext. 34160
**JGH:** (514) 340-8222 ext. 25529
**St. Mary’s:** (514) 734-2679, ext. 5

**Pharmacist**

**MUHC:** (514) 934-1934 ext. 34121
**JGH:** (514) 340-8222 ext. 25940
**St. Mary’s:** (514) 345-3511 ext. 3670

This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

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