

# Skin Rash



Réseau de  
cancérologie  
Rossy

Rossy  
Cancer  
Network

## Symptom Management Tip Sheet

### 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  
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*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.*

### Other resources

**Understanding Skin Wounds**  
<http://bit.ly/bccancer-skin-wounds>  
**Sun Safety**  
<https://bit.ly/bccancer-sunsafety>  
**Understanding Skin Problems**  
<https://bit.ly/cancer-skinproblems>  
**More resources at**  
[mcgill.ca/rcr-rcn/patient](http://mcgill.ca/rcr-rcn/patient)

### Who can help



#### Nurse Navigator (IPO)

If you have one, please speak with your IPO

#### If you are getting treatment at:

- **Oncology Clinic, call:**  
Symptom Management Hotline  
514-340-8222 ext. 25529  
Mon – Fri. 8h00-16h00  
Nights/Weekends: 514-340-8232
- **Radiation Oncology Clinic, call:**  
514-340-8222 ext. 24124