

Skin and Nail Changes

Cancer treatments may cause a range of skin and nail changes, including color changes, redness, itching, dryness, and rashes. You can take care of most of these yourself.

TRY THIS

Try gentle products. Use mild soaps, lotions, and creams.

Protect your skin from the sun. Wear loose-fitting clothing and a hat when outdoors. Check with your health care team if it's okay to use sunscreen.

Avoid hot water. Shower in lukewarm water and avoid baths.

Wear gloves. Cover your hands when you wash the dishes, clean the house, or work in the garden.

CHECK THIS OUT

Visit the Springboard page on Skin and Nail Changes.

<https://smokefree.gov/springboard/symptoms/skin-and-nail-changes>

Listen to what you can do about mild skin changes during radiation therapy. <http://go.usa.gov/xxJHj>

Learn what you can do to manage this and other side effects of cancer treatment. <http://goo.gl/y5jRG6>