

## More information

If you experience skin soreness or reddening as a result of your radiology procedure, please contact the radiology department to let us know.

**Contact:** Radiology Nurse  
**Telephone:** 01225 824365

Date of radiology procedure:

Type of radiology procedure:

If you contact your GP about skin soreness or reddening as a result of your radiology procedure, please give them the information above.

If you have any x-ray procedures within 14 days of the date shown above, please give this leaflet to the hospital staff.

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656.

## Information for Patients

### Skin Care Advice following Radiology Procedures



## Skin Care Advice

Some radiology x-ray procedures can make your skin pink and sore, similar to sunburn. The area of skin affected may be on your back or on your side (where the x-rays were pointing during the procedure).

You will not notice any skin change at first but you may notice some discomfort 10-14 days after your procedure, or later. It will increase slightly in the following 10 days but after that time it should improve rapidly.

There are several ways you can help to reduce any soreness:

- Wash your skin with lukewarm water but **do not** use any kind of soap on the affected area. Pat your skin dry very gently with a soft towel.
- Apply aqueous cream sparingly so that it is absorbed into the skin. **Do not rub in.** You should apply aqueous cream up to four times a day. Please **do not** use any other powders, creams or lotions on the affected area.
- Wear loose cotton clothing if possible and let air circulate around the affected area.

You should avoid exposing the affected area to direct sunlight, particularly abroad. The affected skin will always remain more sensitive to the sun's rays and you should use a total sun block once the reaction has settled.

## Aqueous Cream

Aqueous cream is a light cream that soothes and hydrates the skin. It can be bought at a small cost from any pharmacy.

### Instructions for Use:

- Ensure there is no powder or other cream in the affected area.
- Use sparingly so that the cream is absorbed into the skin. Do not rub in.
- Carry on washing the affected area with lukewarm water.
- Apply up to four times a day.
- Can be kept in the fridge for a cooling effect.
- Stop using if the skin breaks, becomes inflamed or appears infected. If this happens, contact your GP.
- Continue using until the skin has returned to normal. This may take ten days or more.