

Actiform Cool[®]

Actiform[®] Cool is a soothing dressing that holds water. It helps healing by providing a moist setting.

How can I help myself?

- Clean the area of skin with cooled boiled water to which a pinch of salt can be added if required.
- Remove the Actiform[®] Cool from the package.
- Remove one of the overlaid white plastic liners.
- Position and smooth into place on the skin whilst removing the second folded white plastic liner.
- Leave the film top liner in place.
- Ideally clothing should be sufficient to keep the Actiform[®] Cool in position.
- Can be stored in the fridge.
- Do not use with any other creams or lotions.
- Remove the Actiform[®] Cool by lifting gently from one corner and peeling back – you may need to moisten it with water to ease removal.
- Continue to use until the skin reaction has subsided and the skin has healed – this may take ten days or more after you have completed your course of radiotherapy.

Radiotherapy department contact details

Telephone: 01225 824853 Monday-Friday 8am-3:30pm

Website: www.ruh.nhs.uk/patients/services/radiotherapy

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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.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656.