

Due to the complex nature of your procedure

{ \_\_\_\_\_ }  
\_\_\_\_\_ }

you have received a higher radiation dose, which may result in skin irritation in the following areas exposed to the X-Ray beam.

**Areas to watch include:**

\_\_\_\_\_  
\_\_\_\_\_

Because most symptoms are usually delayed, you or someone else should examine the areas **every day** for the next **four (4) weeks**.

⇒ If you develop any symptoms, please notify the contact person listed below.

Someone from our department will be contacting you at **4 weeks** for follow-up.

**Name of contact:**

\_\_\_\_\_

**Contact number** (highlight/circle):

Regina: 306-766-4271

Saskatoon: 306-655-8601



Saskatchewan  
**Health Authority**

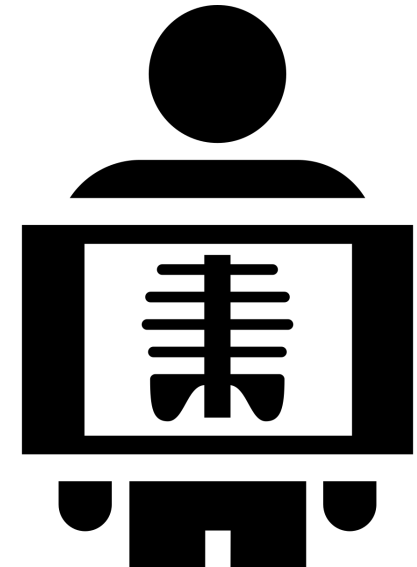


Saskatchewan  
**Health Authority**

## POSSIBLE SKIN REACTION AFTER RADIATION EXPOSURE



CS-PIER-0093



CS-PIER-0093



[saskhealthauthority.ca](https://www.saskhealthauthority.ca)

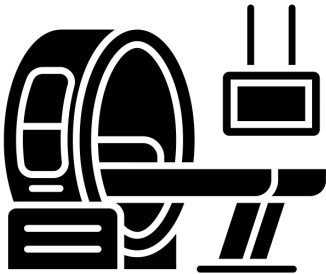
*Healthy People, Healthy Saskatchewan*

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## X-Rays

Some procedures use radiation (X-Rays) to create images. This imaging is used to diagnose and treat medical conditions in all areas of the body.

When the procedure is complicated it could mean a longer exposure to radiation. This exposure could cause a skin reaction called a radiation burn, but this rarely happens.



"CT Scan" icon by Tezar Tantular from [Noun Project](#) /CC BY 3.0.

## What to watch for

A skin reaction can appear within **one (1) to four (4) weeks** after the procedure.

You might notice:

- redness of skin (like a sunburn)
- sensitivity to heat
- itching, burning
- dryness, flaking
- mild pain

## What to do if you get a skin reaction

### Keep the area clean:

- wash your skin every day using warm water when bathing
- use a gentle, unscented soap for body and baby shampoo for hair
- use your hands to gently splash water on skin (Do not use wash cloths, sponges and loofahs)
- rinse well
- gently pat dry with a soft towel

### Keep the area moisturized:

- gently spread water-based lotion or cream on the area two (2) times a day using clean hands - Do not rub it in
- do not use lotions or creams that contain perfume, alcohol, or alpha-hydroxy acid (AHA)
- do not use petroleum jelly, such as Vaseline®
- do not apply moisturizer on broken skin

### Ease burning, itching and swelling:

- moisten a clean cloth with clean, cool water and place it over the area
- do not scratch the area
- do not use a heating pad or ice pack

## Keep your skin from getting irritated:

- wear loose fitting clothing
- do not use hot tubs
- do not expose the area to direct sunlight/tanning beds or wind
- do not use tape or anything sticky on the area
- do not shave, wax or use hair removal cream on the area
- do not use makeup, perfumes, powders, deodorant or aftershave on or around the area

## When to get help

Seek medical care **within 24 hours** if you notice any of the following:

- skin is peeling or scabbing
- blisters
- a lot of fluid leaking or draining
- fever
- bad smell
- medium to severe pain

Bring this pamphlet with you.

Tell the medical provider that you had a high dose computed tomography (CT) scan or fluoroscopy X-Ray procedure.

Notify the person on the back of this pamphlet if you have received medical help.