

Superficial X-Ray Therapy (SXRT) – side effects

You will notice short term side effects commencing approximately halfway through your treatment. The effects may get worse for several weeks after treatment and then slowly improve.

You may notice that the skin in the treatment area gradually becomes reddened and slightly sore to touch. By the end of your course the skin in the treatment area may be red, itch and/or inflamed. It may ooze, bleed and form a scab several times before it heals. The healing process can take at least a month, depending on the individual. The treated area may appear red or tanned for a few months before it fades.

- If the area is covered by clothing we advise you to wear something loose & non-irritating over the treatment area (silk, cotton). Avoid the use of bandages and dressings whenever possible. It is very important that no adhesive material is placed on the treated area as the skin may break when the material is removed. If you feel the need to use a dressing at times, use a breathable dressing 'Elastoplast Sensitive' (available at chemists & supermarkets).
- Shower as usual allowing the water to wash over the treated areas, pat dry and apply Sorbolene cream (2/3 times a day) using a cotton bud or clean finger.
- Do not use any other skin creams, lotions, cosmetics or perfumes in the treatment area as they make any skin reaction worse.
- If the area being treated is on the scalp, do not use a hair dryer, hair dye or permanent lotion in the area. Wash hair very gently using baby shampoo.

We recommend that you do not expose the area to bright sunlight during or after your treatment. If the treatment is to an area on your head or face, it is advisable to wear a hat when outdoors.

The Radiation Therapist will speak to you during each treatment to discuss how you are feeling and answer any questions you may have. You are also welcome to contact the rooms at any time should the need arise.

You will be given a follow up appointment to see the Radiation Oncologist two months after your treatment is completed.

Skin Care – During Treatment:
Daily Shower as usual, allowing water to wash over the treated area. - Pat dry & apply 'SORBOLENE' cream, 2-3 times a day (using a cotton bud or clean finger) Please ensure area does not dry out
If the area is blistered or bleeding and the skin is broken:
Daily Shower as usual, allowing water to wash over the treated area. - Pat dry & apply 'SOLUGEL', small amount 2 times a day. If the area needs to be covered use a breathable dressing (Elastoplast Sensitive) Continue using Solugel until the skin heals (usually 2 – 4 weeks)
If a scab forms on the treated area, soak off with plain tepid water using a wet cotton ball before applying solugel.
Reactions on the lips – use Paw Paw ointment Reactions inside the nose – Fess or Nozoil can be purchased from the pharmacy.



- NB**
- Initial tube of Solugel will be supplied by WDSS or SSC
 - Elastoplast sensitive can be purchased from the supermarket or pharmacy

After the treatment has finished, your skin in the treatment may continue to be slightly more sensitive. We recommend that you use a high factor sun screen or cover when going outside

Disclaimer: This information is intended to be general in nature, please follow the instructions of your individual medical practitioner