

# Essential Skin and Nail Care During Treatment

During cancer treatment, you may notice skin and nail changes. Your skin may become dry, itchy, red, or swollen. Your nails may easily crack.

These and other side effects depend on your specific cancer treatment. Ask your care team what to expect. And follow this checklist to help care for your skin and nails.

**DO:** Use a mild, fragrance-free soap to clean your skin. Ask your care team what products they recommend.

**DO:** Moisturize your skin every day. It can prevent dryness and infections.

**DO:** Keep your nails clean and short. It helps prevent tearing and cracking. Avoid getting manicures and pedicures in salons to reduce your risk of infection.

**DO NOT:** Spend too much time in the sun. Protect your skin with a broad-spectrum sunscreen and long-sleeved shirts and pants.

**DO NOT:** Put ice packs, heating pads, or bandages on skin treated with radiation. Ask your care team how to clean and protect the area.

**DO NOT:** Bathe in hot water. It can dry out your skin.

By following these tips, you will help keep your skin and nails as healthy as possible during treatment.