

How to Use Theracare on Your Radiation Therapy Site

The skin, at the site where you are receiving radiation therapy needs special care. We recommend that you use Theracare to help with the dryness, tightness, irritation, and itching. After a few days you will appreciate the way it makes your skin feel.

Follow these steps to apply Theracare:

1. Put a small amount (about the size of a pea) into the palm of your hand. It is very concentrated and it is very important that you use only a small amount each time.
2. Rub it around in the palm using the fingertips of your other hand. Theracare is thick and the heat from your body will help thin it.
3. "Dot" the Theracare onto your treatment site. ***Stay inside the treatment lines that outline the site. Do not put it on the lines.*** It will smear the lines.
4. Use your fingertips to very gently blend the dots together over the site. Do not rub hard or stretch the skin.
5. The Theracare should be completely absorbed within five to ten minutes. If your skin stills feels greasy or sticky after this time, you have used too much. Use less the next time.
6. Apply twice a day, ***after*** your daily treatment and at bedtime. If you have an afternoon appointment, apply Theracare early in the morning and at bedtime. Also apply twice a day on weekends.
7. You do not have to wash the Theracare off of your skin before each treatment. Theracare applied as recommended will be well absorbed by your next treatment.

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