

Tips

Nail and foot care may be more challenging than usual.
Professional foot care (by a podiatrist) may help you.

Further information on this topic

Your healthcare team will give you information about specific skin care and the relevant products, and provide you with the appropriate skin care products, together with the correct instructions for use.

Skin reactions to targeted cancer treatment

Good to know

You are receiving a drug that targets the tumour cells to suppress or block their growth. Possible side effects of this treatment are skin reactions or skin changes.




For example, you may develop dry skin, a rash or changes in your nails and hair growth.

Some skin changes occur in the first few days after the start of treatment, whereas others only appear after some weeks. All skin problems resolve after the treatment.

During the treatment, make sure you take good care of your skin and protect it. In this way, you will be making an important contribution to easing the symptoms associated with the skin changes.



Skin reactions to targeted cancer treatment

You feel...	Or you notice...	What you can do for yourself...
	<ul style="list-style-type: none"> Mild skin reactions 	<ul style="list-style-type: none"> For skin care, use copious amounts of fragrance-free moisturising body lotion or cream 1 to 2 times daily. Your skin should feel smooth all over. Apply a fatty ointment on your hands and feet including the nail beds twice daily. At night, wear cotton gloves and socks to avoid getting ointment on your bedclothes. When you shower make sure the water is not too hot or bathe for only a short time and apply cream or ointment immediately after washing. Protect your skin from direct sunlight and harsh winds, for example using sunscreen (at least factor 30), a hat and gloves.
	<ul style="list-style-type: none"> Dry skin Itching Rash: <ul style="list-style-type: none"> redness pimple-like pustules resembling acne Painful cracks on your fingertips or toes Changes in your nails and hair growth Eyelashes and eyebrows are becoming unusually long 	<ul style="list-style-type: none"> Wear comfortable, loose-fitting clothes made of natural materials like cotton or silk and comfortable shoes that are not tight. Ask your doctor to prescribe a suitable product to treat rashes. Do not use products you have bought yourself. If you have cracks on your fingertips, protect them with a first aid dressing or wear light cotton gloves. Avoid contact with washing-up liquid or detergents or with water that is too hot and wear gloves when working in such situations. You can ask the treatment team for nail care advice if your nails have changed. Eyelashes and eyebrows can be trimmed if they are too long. Ask your treatment team.
	<ul style="list-style-type: none"> Rapid worsening of the symptoms listed in the yellow section Severe itching Intensely red, swollen skin 	<ul style="list-style-type: none"> Contact the treatment team.