

Tips

Psychological support

If your rash is itchy, scratching will make it worse. You can see a psychologist to help you control the urge to scratch. Your treatment team can recommend specialists.

Apps for testing products

Some care products can cause skin irritation or make symptoms worse. You can check product ingredients using apps such as:

- [«INCI»](#)
- [«Yuka»](#)

Further information on this topic

- [«Look Good, Feel Better \(lgfb.ch\)»](#) – Free beauty workshops and facial treatments providing tips to cover skin side effects.

Skin rash and itching (pruritus)

Good to know

A skin rash is when your skin becomes red, with or without blisters, and can be on one part or all over your body. It may also be accompanied by dry skin, pain, or itching (also called pruritus).

Itching often makes people want to scratch, which can damage the skin and make the rash worse.

Skin rashes and itching can be caused by many things, including allergies, cancer, or cancer treatments.

To find out what is causing your symptoms, you may need to see a skin doctor (dermatologist). He or she will look at your skin and ask you questions like:




- How do you care for your skin and what products do you use?
- Which areas are affected?
- How long have you had these skin problems?
- Do the symptoms get worse or better during the day?
- Are you dealing with any ongoing health issues?
- Have you got any skin diseases?
- What medication have you taken in the last 12 days?

Sometimes, a blood test or a skin test may be needed.

There are three ways to deal with itching: treat the underlying cause, avoid things that make it worse, use the right medication.



Skin rash and itching (pruritus)

You feel...	Or you notice...	What you can do yourself ...
	<ul style="list-style-type: none"> • Skin changes, like rashes or itching, are mild and only happen sometimes • They don't get in the way of your day-to-day life 	<ul style="list-style-type: none"> • Drink enough fluids to keep your skin moisturised. • Choose loose-fitting clothing made from materials that allow your skin to breath, such as cotton. • When you wash your body, use a soap-free product without fragrances and warm water. • Dry your skin by gently patting it without rubbing. • Put a moisturising cream on your skin several times a day, based on Vaseline for example. Choose a product with few ingredients, no fragrances, preservatives or plant extracts.
	<ul style="list-style-type: none"> • The rash or itching is very noticeable and makes your life and sleep much worse • There are scratch marks that you can see 	<ul style="list-style-type: none"> • Only use cosmetic products that do not contain fragrance, alcohol, or ingredients that could cause irritation or allergies. Use an app to check the ingredients of products. • Try to avoid things that can cause irritation, such as heat, sweating, frequent showers, unsuitable cosmetics, or irritating fabrics (like wool). • Keep your fingernails short. This will stop you from scratching yourself while you sleep. • Don't use over-the-counter cream containing antihistamines, anti-inflammatories, or non-corticosteroid medicines because they may cause allergic reactions and irritation. • If you are stressed, it might make the itching worse. Try relaxing with meditation or yoga.
	<ul style="list-style-type: none"> • The rash or itching is always present, bothers you a lot, and/or affects your life • The rash or itching are linked to other symptoms, like fever or pus-filled spots • You are thinking about stopping your treatment 	<ul style="list-style-type: none"> • Contact your treatment team.