

Skin care advice following cardiology procedures

Information for patients

Skin care advice

Some cardiology x-ray procedures can make your skin pink and sore, similar to sunburn. The area of skin affected may be on your back or on your side (where the x-rays were pointing during the procedure).

You will not notice any skin change at first but may notice some discomfort 10-14 days after your procedure, or later. It will increase slightly in the following ten days but it should improve rapidly afterward.

There are several ways you can help to reduce any soreness:

- Wash your skin with lukewarm water but **do not** use any kind of soap on the affected area. Pat your skin dry very gently with a soft towel.
- Apply recommended cream sparingly so that it is absorbed into the skin. **Do not rub in**. You should apply the cream as required. Please **do not** use any other powders, creams or lotions on the affected area.
- Wear loose cotton clothing if possible and let air circulate around the affected area

You should avoid exposing the affected area to direct sunlight, particularly abroad. The affected skin will always remain more sensitive to the sun's rays and you should use a total sun block once the reaction has settled.

Recommended creams

E45, Epaderm® and Diprobase®.

How to use your cream

1. Ensure there is no powder or other cream in the affected area.
2. Wash the affected area with lukewarm water.
3. Apply the cream as required, using it sparingly so it is absorbed into the skin.
4. The cream may be kept in the fridge for a cooling effect.
5. Stop using the cream if the skin breaks, becomes inflamed or appears infected. If this happens, contact your GP.
6. Continue using until the skin has returned to normal; this may take ten days or more.

Contact us

If you experience skin soreness or reddening as a result of your cardiology procedure, please contact the cardiology department to let us know:

Cardiac cath lab sister or charge nurse

Telephone: 020 7472 6170 (Monday to Friday, 8am-6pm)

Date of procedure:

Type of procedure:

If you contact your GP about skin soreness or reddening as a result of your cardiology procedure, please give them the information above.

If you have any x-ray procedures within 14 days of the date shown above, please give this leaflet to the hospital staff.

More information

For more information about the cardiology service at the Royal Free London visit our website:

www.royalfree.nhs.uk/services/services-a-z/cardiology

Your feedback

If you have any feedback on this leaflet or for a list of references for it, please email: rf.communications@nhs.net

Alternative formats

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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Service: Cardiology

Version number: 1

Approval date: May 2019

Review date: May 2021

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