

(un)cancer

Itchy
Rash Care
Checklist

Effective tips to manage itchy rashes after chemo

- Apply cool, wet packs to the itchy areas. Repeat as needed
- A humidifier in the room may help
- Adding colloidal oatmeal to your bath water can help to relieve dryness and itching. Colloidal oatmeal solution contains finely ground oatmeal that forms a protective barrier on the surface of the skin, which helps to seal in moisture
- Keep your nails clean and short to reduce damaging your skin when you can't help but scratch
- If you find yourself scratching without noticing, consider wearing soft gloves. Instead of scratching the itch, try rubbing, vibration or pressure to avoid breaking the skin
- Adding a good moisturizer can help with itching. A good moisturizer will contain humectants and emollients. Humectants draw water into the skin, while emollients form a protective film over the skin's surface, which helps lock in moisture which helps with itching
- Activities such as reading, watching TV, listening to music or engaging in social activities can help you get your mind off the itch
- Take anti-itch medications as directed if the itching is not manageable. Your cancer care team can prescribe medications