

(un)cancer

Post Chemo
Skincare
Checklist

Skin care related questions to ask your cancer care team after chemo

- What skin-and nail related side effects are common for the type of cancer treatment I'm receiving? How can I prevent any of these problems?
- What problems should I call you about? Are there any problems that need urgent medical care?
- When might these problems start? How long might they last?
- What brands of soap and lotion should I use or avoid using on my skin/or my nails?
- Are there any specific fabric detergents that are formulated for post chemo skin care?
- Will I need a humidifier for dry skin?
- Will my skin go back to normal after the chemo ends?
- How long does it take for the skin to go back to normal after chemo ends?
- Are there any vitamin or mineral supplements that can help improve these skin changes?
- Should I see a dermatologist so I can learn more about how to prevent or manage skin problems?