

When to get help

If your skin reaction does not improve after 1 month, see your family doctor or nurse practitioner.

See your family doctor or nurse practitioner **within 24 hours** if you notice any of the following:

- The skin is peeling or scabbing.
- There is a lot of fluid leaking or draining from the area.
- Your skin has blisters.
- You have moderate to severe pain.

Make sure you tell your doctor or nurse practitioner that you have had an x-ray procedure using fluoroscopy.

Locations

Abbotsford-Regional Hospital

Interventional Radiology (Angio) Suite
Medical Imaging 2nd Floor, Fraser Wing
32900 Marshall Road, Abbotsford

Lions Gate Hospital

Interventional Radiology (Angio) Suite
Medical Imaging, Lower Level
231 East 15th Street, North Vancouver

Richmond Hospital

Medical Imaging, Main Floor
7000 Westminster Hwy, Richmond

Royal Columbian Hospital

330 E. Columbia Street, New Westminster
Interventional Radiology (Angio) Suite
Medical Imaging, Main Floor, Columbia Tower
Cardiac Catheterization Laboratory
2nd Floor, Health Care Centre

St. Paul's Hospital

1081 Burrard Street, Vancouver
Interventional Radiology (Angio) Suite
Medical Imaging, 2nd Floor, Providence Building
Cardiac Catheterization Laboratory
5th Floor, Providence Building

Surrey Memorial Hospital

Interventional Radiology (Angio) Suite
Medical Imaging, 1st Floor, Lower Level
13750 96th Avenue, Surrey

Vancouver General Hospital

855 West 12th Avenue, Vancouver
Interventional Radiology (Angio) Suite
Jim Pattison Pavilion, Station 4, Ground Floor
Cardiac Catheterization Laboratory
Jim Pattison Pavilion, Station 7 (Heart Services), Ground Floor



Possible Skin Reaction after Fluoroscopy-Guided Procedures



HealthLinkBC

Call any time you have any questions or concerns. HealthLinkBC is open 24 hours. Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

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www.fraserhealth.ca - www.vch.ca

This information does not replace the advice given to you by your healthcare provider.

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Some x-ray procedures use a type of x-ray imaging called fluoroscopy (say *fleer-os-ko-pee*) to diagnose and treat medical conditions, such as heart or cardiac catheterizations and interventional procedures (like angiograms).

When the procedure is more complex, it means you could have a longer exposure to x-ray radiation. This exposure could cause a skin reaction called a radiation burn, but it rarely happens.

Skin reactions do vary from person to person and can depend on:

- medical conditions (such as diabetes, autoimmune disorders)
- smoking
- poor nutrition
- obesity
- prescription medicines (such as methotrexate)

What to watch for

A skin reaction can appear within **1 to 4 weeks** after the procedure.

You might notice:

- redness of the skin (much like a sunburn)
- sensitive to heat
- itching
- burning
- mild pain

LK Wagner, PhD; Vlietstra et al [CC BY-SA 3.0]; Wikimedia Commons



What a radiation burn can look like

What to do if you get a skin reaction

Keep the area clean.

- Use lukewarm water when bathing or shower.
- Use unscented, non-alkaline soap (examples - Dove, Ivory, or Neutrogena)
- Do not scrub the area with a washcloth, scrubbing cloth, loofah, or brush.
- Rinse well.
- Gently pat dry with a soft towel.

Keep the area moisturized.

- Gently spread water-based lotions, creams, or moisturizers on area 2 times a day using clean hands. Do not rub in. (example - Keri Lotion).
- Do not use lotions, creams, or moisturizers that contain perfume, alcohol, Alpha Hydroxy Acid (AHA).
- Do not use petroleum jelly such as Vaseline.

Keep your skin from getting irritated.

- Wear loose, comfortable clothing (such as soft cotton).
- Use *Aloe Vera* if you wish. Be aware that it soothes but does not moisturize.
- Stay out of chlorinated swimming pools and hot tubs until the area is healed.
- Do not expose the area to direct sunlight (tanning) or wind.
- Do not use tape on the area.
- Do not shave the area. If you need to shave, use only an electric razor and stop if skin gets irritated.
- Do not use makeup, perfumes, powders (cornstarch, talc, baby powder), or aftershave on or around the area.

Ease burning, itching, and swelling.

- Moisten a clean cloth with cool water and place over the area.
- Use corticosteroid creams (you might need a prescription).
- Do not scratch the area.
- Do not use a heating pad or ice pack.