

Managing Moist Desquamation

Moist desquamation is an area of the skin that has either blistered and opened or started oozing moisture. There are many things that need to be done to care for your skin when moist desquamation occurs. Following these guidelines will help your skin heal.

There will be some supplies that you may need to buy. These supplies can be purchased over-the-counter at most pharmacies. Please follow the recommendations checked off for you in the order given starting from the top. You should perform each instruction for skin care 2 to 3 times per day.

Clean the Skin

1. Mix the cleaner, either hydrogen peroxide or hibiclens, to 1/3 strength (one part cleaner to two parts water).
2. Clean the skin site(s) with hydrogen peroxide or hibiclens and then rinse.

Use an Astringent

1. Mix one Domeboro packet with 8 oz of water.
2. Soak a 4 x 4 gauze pad in the Domeboro solution.
3. Wring out the gauze so that it is damp and not dripping.
4. Place the moist gauze on the skin. Leave it on for 20 minutes.
5. After 20 minutes, use water and gauze to dab/rinse off the Domeboro, and then air dry.

Apply an Antibiotic Ointment

1. After the affected area has air dried, apply a thin layer of the antibiotic ointment (for example, Bacitracin or Neosporin)

OR

Apply a Moisturizer

1. Apply Aquaphor ointment to the entire treatment area **ONLY** if antibiotic ointment was not used

Apply a Dressing

- Cover the affected skin with Vaseline gauze followed by dry 4 x 4 gauze.

OR

- Cover the affected skin with dry 4 x 4 gauze

Note: You may need to wear clean, older undergarments or tube gauze to protect the outer clothing and hold the dressing in place.

Before your radiation treatment, remove the dressing and clean the site with hydrogen peroxide or hibiclens, as needed.

After your radiation treatment, reapply the antibiotic ointment or moisturizer, and then the dressing as above.

If you have any questions, please ask either your nurse or physician.