Instructions for applying the cream on your irradiated skin

• On the first visit (Day 1 of the treatment, i.e., week 1 of trial), the nurse will show you how to apply creams making sure that no areas are missed. Use a thin film, it doesn’t need to be a thick application. **You can apply the cream twice a day or more as needed**, usually straight after a shower. The creams are to be applied everyday until 4 weeks after completing your radiotherapy.

• Please bring the creams along with you each week when we do the skin reviews (every Friday). We will have a look at how much cream is left to see if more cream is needed.

• You are advised not to use other creams, unless if it is instructed by your doctor. Please tell us if you are using any other creams.