

Medicated Soaks for Skin Irritation

Medicated soaks, such as Domeboro®, can soothe skin problems. If you notice any changes in the way your skin in the treatment area looks, tell your care team. They may instruct you to use Domeboro soaks. The soaks may decrease the discomfort from the radiation skin reaction. They also gently clean the area. Your physician or nurse will tell you when to start and stop using the soaks.

How to use Domeboro soaks

You can buy Domeboro soaks at a pharmacy or online. Follow these instructions.

Preparing the solution

1. Mix **1 packet** of Domeboro powder with **1 liter** of water.
2. Stir it until the powder is fully dissolved.
3. Label the container "Domeboro soaks" and the date it was mixed.
4. Store the solution at room temperature or in the refrigerator.
 - Refrigerated solution may give you a cooling/soothing effect.
 - The solution is good for **1 week** after mixing.

Using the soaks

Apply the soaks to your skin 2 to 3 times each day. Follow these instructions.

1. Pour the Domeboro solution on a clean washcloth or gauze.
2. Put the wet gauze or cloth over the irritated skin.
3. Leave the soaks on for 10 to 20 minutes.
4. Remove the soaks and continue with your skin care as instructed.

Use gauze if you have drainage on the area you are soaking. Do not scrub the area to clean off the drainage. To gently remove excess drainage, change the gauze 3 to 4 times during each session. Do not reuse soiled gauze.

You can moisten the clean washcloth or clean gauze, as needed, during a treatment. Use a clean washcloth or clean gauze for each treatment.

Precautions when using the soaks

- If the solution stings or burns when you put it on your skin, add 1 cup of water to the prepared mixture.
- The solution is for external use only. Do not drink it.
- Do not use the solution near your eyes.

If you have any questions, please call the radiation oncology team at 312.926.2520 (Galter Pavilion) or 312.472.3650 (Prentice Pavilion).