

## Home Care after Breast Brachytherapy

Skin care is very important. After your last treatment, we will review how to change the dressing. We will give you all the skin care supplies you need.

- Keep the area dry until the incision or puncture sites are closed and dry. This takes about 2-7 days. Most often, you will see new tissue forming inside the incision or pockmark or a scab covering it. You may stop the dressing changes when this happens.
- Report any increased redness, tenderness, or pain at the sites. Report any non-clear drainage from the sites.
- Take your temp twice a day for 1 week. Then daily for 1 week. Call your doctor if it is 100.0° F or higher.

### Skin Care Twice a Day

Twice a day, clean the site(s) with a dilute mixture of peroxide and water (mixture is good for 24 hours). Do this until the sites are closed and dry.

1. Fill the bottle to the 20 ml mark with peroxide.
2. Add normal saline to the 100 ml mark (80 ml of normal saline).
3. Place one package of cotton swabs (two in a package) into the mixture.
4. Wipe over the incision/puncture sites. Pat dry.
5. Put antibiotic ointment on the puncture sites.
6. Cover with ABD pad.
7. Wear the surgical bra to hold the ABD pad in place.

### After the Catheter Sites Have Closed

You may shower with a fragrance-free, mild soap. Ivory<sup>®</sup>, Dove<sup>®</sup>, Aveeno<sup>®</sup> or Cetaphil<sup>®</sup> are good choices for mild soaps.

Use a moisturizing cream that does not have any alcohol or perfume. You may need to keep using a cream for at least a year. Aveeno<sup>®</sup>, Cetaphil<sup>®</sup>, Lubriderm<sup>®</sup>, Eucerin<sup>®</sup>, and Curel<sup>®</sup> are good choices. If you now use a cream that you would like to keep using, please talk to your nurse.

### Activity

- There are no lifting restrictions. Listen to your body. If it hurts, stop the activity.
- Avoid using free weights for 1 week.
- Avoid chlorinated pools until the redness goes away.

### Sun Exposure

- Avoid direct sunlight to the treated area. If you cannot avoid the sun, please use a sunscreen with at least 30 SPF.

### Medicines

- You may start taking aspirin and herbal medicines that you stopped during your treatment.

### Skin Color

- The incision/pockmarks will look red for at least 4 weeks. They will keep fading over time.

### **Follow-up Care**

A 1-week appointment has been made for you, with a nurse, to check your skin. Also, a 1-month appointment with an Advanced Practice Provider has been made for you to discuss Survivorship and future follow up care. At 1 year, you will need a mammogram.

### **Supplies**

- A special container for the peroxide and normal saline mixture
- Antibiotic ointment
- Hydrogen peroxide
- Sterile ABD pads
- Sterile normal saline
- Cotton swabs

### **Phone Numbers**

If you have any questions or concerns, please call us.

#### **Radiation Oncology Clinic (608) 263-8500**

If the clinic is closed, your call will be transferred to the paging operator. Ask for the Radiation Oncology doctor on call. Give the operator your name and phone number with the area code. The doctor will call you back.

If you live out of the area, please call **1-800-323-8942**. Ask for the Radiation Oncology Clinic.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©7/2019. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5893.