

# Guidelines for using hydrogel

We recommend using hydrogel if your skin has become inflamed with broken areas.

This helps to heal the skin by increasing the moisture within the wound.

It maybe helpful to share this leaflet with your family doctor, district or practice nurse, if you see them to have your dressings changed.

Hydrogel is supplied in a 15g tube.

## Instructions for use

Wash your hands well, both before and after using the hydrogel, to prevent infection.

Clean the affected area with warm water or saline solution, with soft wipes, cotton wool pads or gauze, or use a fresh, clean flannel. Use a fresh flannel each time, to prevent infection.

**Your skin may bleed a little after cleansing, this is normal.**

Pat the area dry with clean cotton wool pads, tissue, or use a hairdryer on a cool setting.

Apply the hydrogel liberally, using your fingertips or a clean cotton wool pad, to all the broken areas of skin, as advised by your nurse or therapeutic radiographer.

Cover with a dressing, if advised by your nurse. If using

without a covering you may find the gel dries out and becomes flaky.

Use a sodium lauryl sulphate-free moisturiser on the other areas being treated with radiotherapy.

The gel can be kept in the fridge; you may find this more soothing.

You can apply the gel as often as feels comfortable, at least twice a day.

## Precautions

Do not use if you are sensitive to propylene glycol. Do not use if the tube is damaged or broken. Check the expiry date and do not use if it is out of date.

## How to contact us

If you have any queries during your radiotherapy please speak to the therapeutic radiographer treating you, or the radiotherapy nurse practitioners.

Tel: **01865 235 472** during normal working hours

Outside of hours, please phone the Oxford triage assessment team on **01865 572 192**.

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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