



Oxford University Hospitals
NHS Foundation Trust

Radiotherapy Guidelines for using Hydrogel Cool Pad

Information for patients



Radiotherapy Department

The Hydrogel cool pad is a non-sticky dressing, which has a high water content.

We recommend using the Hydrogel cool pad to soothe any inflammation and irritation to your skin from your radiotherapy. It will also help to heal the area and reduce discomfort.

The reaction from the radiotherapy to your skin is normal. The Hydrogel cool pad will help provide the right conditions for your radiotherapy reaction to heal.

Instructions for use

- Wash your hands well, both before and after applying or changing the dressing, to help prevent infection.
- Remove the dressing from the package. You can use more than one dressing for larger areas. It can also be cut to a smaller size, if needed.
- Peel off the white plastic liners, place the dressing over the affected area of skin and gently smooth into place.
- The dressing can be secured with clothing (such as under a vest/ vest top, bra or underwear) or a bandage. Do not use any tape to attach it.
- Leave the dressing in place until you feel it is no longer soothing or cooling your skin, then remove and throw it away. The dressing can only be used once.
- You can leave the Hydrogel cool pad dressing in place overnight, if needed.
- You can store the dressings in the fridge if you wish to cool them further, but this is not essential, as they will feel cool anyway.
- You can get further supplies of these dressings on prescription from your GP.

Instructions for removing the dressing

Lift one corner and gently peel off the dressing.

The dressing should not stick to your skin when you remove it. If the dressing does dry out and become difficult to remove, you can wet it with water to help to remove it.

If the affected area of your skin is oozing, the dressing can become jelly-like. It can also take on the colour of the discharge; this is normal.

Signs to look out for

During your course of radiotherapy you must tell your radiotherapy nurse practitioner or Therapeutic Radiographer if you think your skin is becoming infected. When you have completed your treatment you should tell your family doctor or district nurse. Signs of infection are:

- feverish, flu-like symptoms
- a red, hot swollen area
- a smelly, abnormal discharge.

It is not unusual for the area to produce a discharge on the dressing which can look slightly green and thick. If you are at all worried please contact us.

Tel: **01685 235 472**

Precautions

Please tell your radiotherapy nurse or Therapeutic Radiographer if the dressing is irritating your skin.

The Hydrogel Cool Pad should be stored in dry conditions and be protected from direct sunlight.

Do not use if the inner package is damaged or if it is past the expiry date printed on the outer package.

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 these hours, please phone Oxford triage assessment team:

Tel: **01865 572 192**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Zandra Cripps, Heather Nisbet

Approved by SUWON Patient Information Coordinator and Lead

May 2021

Review: May 2024

Oxford University Hospitals NHS Foundation Trust

www.ouh.nhs.uk/information



Making a difference across our hospitals

charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

