

# Side Effect Management for Breast Cancer Patients

## Common Side Effects:

- Dryness
- Color Changes
- Breast soreness
- Nipple darkening
- Itching
- Burning
- Warm to the touch
- Potential for skin break down to the area being treated
- Fatigue

## Helpful Hints:

- To avoid irritating the skin around the breast, women should try to go without wearing a bra whenever they can. If this isn't possible, wear a soft cotton bra without underwire.
- When using lotion apply in a large circular area, including collar bone and armpit.
- Prevent skin to skin contact under breast by placing gauze or cloth under the breast.
- You can use deodorant throughout the day, just avoid using before you have treatment.
- Use Aquaphor to dry and cracked nipple if needed.