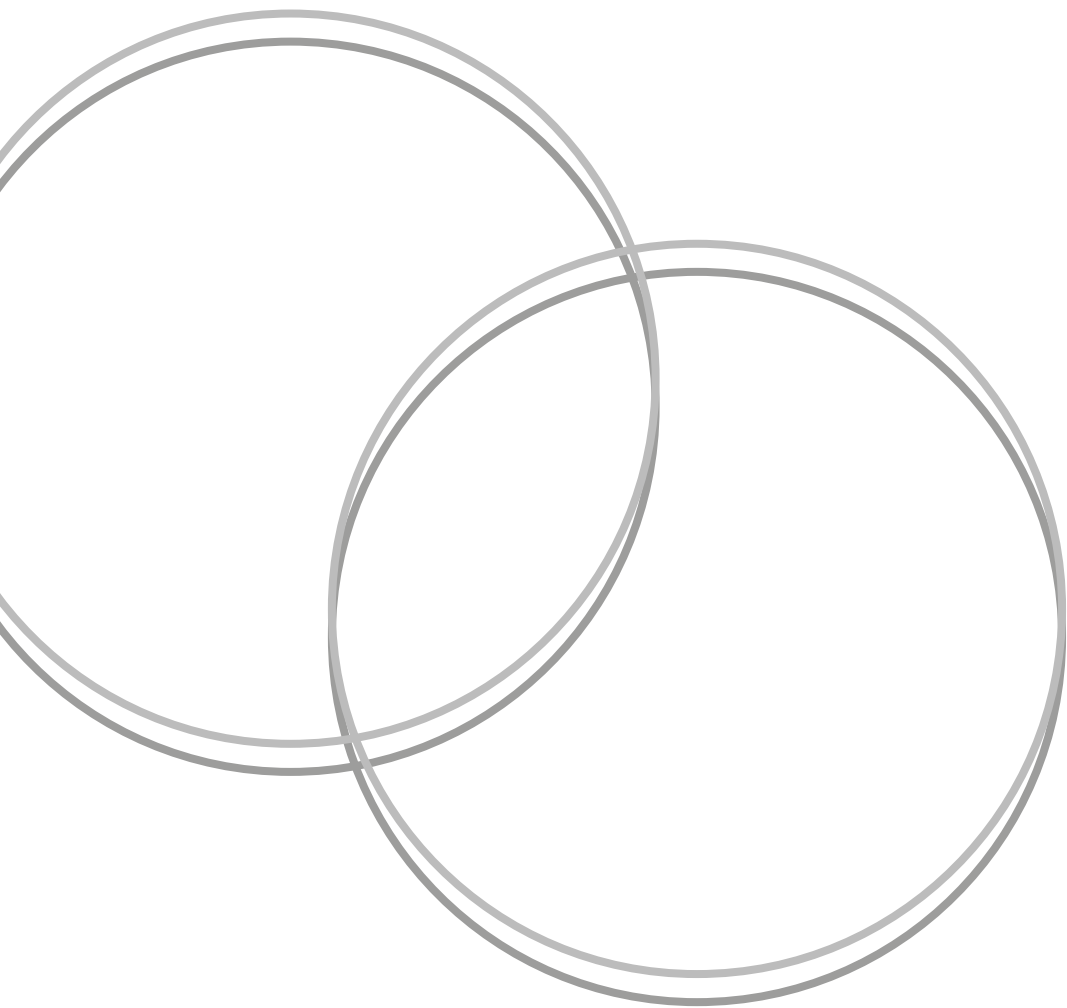




Oxford University Hospitals
NHS Foundation Trust

Guidelines for Using Hydrogel

Information for patients



The Radiotherapy Department

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 lukewarm 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 hair dryer on a cool setting.
- Apply the hydrogel liberally, using a clean fingertip or a clean cotton wool pad, to all the broken areas of skin, as advised by your Nurse Practitioner or Therapeutic Radiographer.
- Cover with a dressing, if advised by your Nurse Practitioner or Therapeutic Radiographer. 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 unbroken areas being treated with radiotherapy (check ingredients or speak to a pharmacist).
- 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 Check the expiry date and do not use if it is out of date.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.

During normal working hours please call:

Oxford: **01865 235 472**

Swindon: **01865 220 680**

Milton Keynes: **01865 857 570**

Outside of hours please call:

The Oxford triage assessment team on: **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.

Authors: Radiotherapy Review Team
March 2025
Review: March 2028
Oxford University Hospitals NHS Foundation Trust
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