



Oxford University Hospitals  
NHS Foundation Trust

# Guidelines for using Flaminal<sup>®</sup> Hydro and Forte

Information for patients



We recommend using Flaminal® products if your skin has become inflamed and is producing fluid as a result of your radiotherapy treatment.

These products can help to heal the skin by increasing the moisture within the wound. You can continue to use a suitable moisturising cream to other areas where radiotherapy has caused skin inflammation but remains unbroken.

Flaminal® Hydro is supplied in a 15g tube and Flaminal® Forte in a 50g tube.

## Instructions for use

- Wash your hands well, both before and after using the gel.
- Clean the affected area with lukewarm water. Your skin may bleed a little after cleaning, this is normal.
- Pat the area dry with a clean towel or cotton wool pads.
- Apply the gel to any broken areas of skin with a finger or cotton wool pad. You can apply the gel twice a day, or more often if required.
- The gel may dry leaving a white flaky appearance on the skin. Most often it is not necessary to cover the gel with a dressing, however there may be some instances where your nurse or radiographer will recommend a dressing.
- If a dressing is applied, then replace it with a new dressing with each application of the gel.
- The gel can be stored at room temperature; however it can also be put in the fridge before applying for a cooling and soothing effect.

## Precautions

Do not use if you are sensitive to alginate or propylene glycol. Avoid contact with the eyes. Replace the cap carefully after use. Do not use past the expiry date as shown on the tube and box.

## 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.

Telephone: **01865 235 472** during normal working hours.

Outside of hours, please phone 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.

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[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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