



Provincial Health Services Authority

# Care of Radiation Therapy Side Effects: Saline Compresses

## Why do I need to use saline compresses?

Saline compresses may help skin irritation and soreness. Saline compresses clean and soothe the skin, reduce inflammation, and improve comfort.

## Where can I get normal saline solution?

You can buy normal saline solution at your pharmacy or you can make it.

### Recipe for Saline:

1. Boil one litre (4 cups) of water. Remove from heat.
2. Add 5-7.5 mL (1.5-2 teaspoons) table salt to the boiled water. Stir until dissolved.
3. Pour solution into a clean one litre (4 cups) container.
4. Cover and leave out at room temperature to cool.
5. Make a fresh solution each evening.

### Saline Compresses:

1. Wash your hands well with soap and water.
2. Place gauze or clean face cloth in a clean bowl.
3. Cover gauze or clean face cloth with **room temperature** saline solution. **Do not use hot saline solution.**
4. Lay wet gauze or face cloth over your irritated skin and leave for 10-15 minutes. You can wet the gauze or face cloth again if it starts to dry out.
5. Throw away used gauze.
6. Gently dry surrounding skin.
7. Repeat \_\_\_\_\_ times per day.

### Notes:

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