

# Possible side effects from interventional cardiology procedure (using guided x-ray)

A patient's advice sheet

## Introduction

You have undergone a: .....  
procedure in the Cath Labs by doctors guided by x-rays. Due to your procedure being complicated, you have received an x-ray dose to your skin that may result in side effects. The x-ray dose was necessary to make it possible for your procedure to be completed.

## Effects of radiation on the skin

Radiation can cause the skin that was directly in the x-ray beam to go red or darker. Some people have no skin problems at all but others can have very sore skin.

Whether you have a skin reaction depends on your own type of skin, the area being treated and the x-ray dose it receives. If the skin gets very sore, it may peel, but it should heal quickly.

Skin reactions usually settle down two to four weeks after your procedure finishes. Some people have a severe skin reaction, where the skin breaks and leaks fluid, but this is rare.

## Skin care

There is evidence that daily washing with mild, un-perfumed soap and warm water is helpful. You should gently pat the skin dry with a soft towel. Do not rub the skin as this can make it sore. Avoid using perfumed soaps, talcum powder, moisturiser or lotions directly on the area. Avoid exposing the area directly

to sunlight. These apply only to the procedure area; you may treat the rest of your skin normally.

## Who to contact

If you observe any adverse skin reactions contact your GP at the first available time. A letter has been sent to your GP informing them of the procedure you have undergone and the possibility of you developing a skin reaction as a result.

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