

SKIN CARE GUIDE

WHILE UNDERGOING ONCOLOGY TREATMENT



Ricardo Ems
NATURA BISSÉ FOUNDATION



SKIN CARE SUGGESTIONS

CARING FOR YOUR SKIN

This guide is designed to offer you practical solutions to address the changes to your skin that may occur during oncology treatment. While these changes may not pose clinical concerns, they hold significant importance for your emotional well-being. Skin changes such as dryness, acne or blemishes and irritation are generally temporary, but still need attention and care.

At the Ricardo Fisas Natura Bissé Foundation, we want to offer basic suggestions and simple solutions to minimize these possible side effects. The hope is that with the right information, they can be prevented. When we are comfortable with our physical appearance, we feel more empowered to face the day.

All of the recommendations on the following pages are for guidance only and can vary per person. It is important to always consult with a doctor and follow their advice and recommendations.



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HOW DO I CARE FOR THE SKIN ON MY FACE?

During chemotherapy, immunotherapy, and targeted therapies, some side effects such as dryness, irritation, rashes or breakouts may occur on the skin and, in most cases, they are temporary. The following suggestions may help you minimize some of these side effects.



SUGGESTIONS

- Avoid using skincare products, such as scrubs or peels that can be harsh on the skin
- Avoid exposing your skin to heat sources such as sun or hot water
- Refrain from using products or treatments to remove dark spots or blemishes
- Wear sunglasses with UV protection that cover the entire eye area
- Apply eye contour cream along the outside of the eye area. Start by applying small dots around the eye area and gently press into the skin to help with dryness
- Apply lip balm from one end of the lip to the other with soft touches
- For a dry mouth, increase liquid consumption to moisten the lips. Sugar-free citrus candies can also help

DID YOU KNOW?

- **On the eye contour area**, you may notice dryness, irritation, puffiness or dark circles due to dry eyes, excess tears or total/partial loss of eyebrows and eyelashes
- **On the lips**, dry mouth syndrome may cause dryness and cracks

3-step routine for face, neck and décolleté

1 Cleanse and remove makeup morning and night.

We suggest cleansers and toners that maintain the skin's natural pH (alcohol-free and hypoallergenic) and provide a calming effect.

2 Hydrate and nourish your skin morning and night.

Use light-textured serums and creams with moisturizing, emollient, restructuring, anti-inflammatory, antiseptic and vitamin-rich properties.

Remember that skin care products should always be applied in upwards movements, and do not forget to also apply to your neck, décolleté and ears.

3 Protect your skin from the sun every day.

Apply a SPF 50+ protection cream to your face, neck and décolleté.



LOOK FOR:

Makeup remover rich in natural botanical extracts of chamomile, elderflower, green tea, propolis or arnica montana.



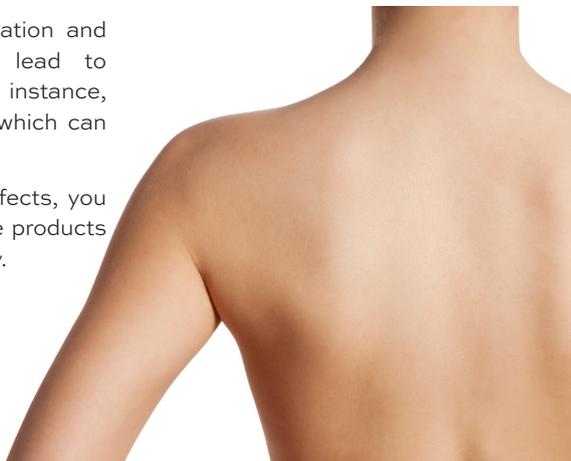
LOOK FOR:

Creams and serums that are rich in hyaluronic acid, organic aloe vera, allantoin, rosehip and tamanu oil, arginine or calendula.

HOW DO I MOISTURIZE THE DRY SKIN ON MY BODY?

The combination of medication and medical treatments can lead to reactions on the skin. For instance, it can feel more sensitive which can cause tightness and itching.

To help ease these side effects, you can apply specific skin care products that improve skin's elasticity.



SUGGESTIONS

- Take short showers with lukewarm water and rinse thoroughly
- Use a light touch to pat your skin dry
- Avoid scratching the skin with sponges or rough towels
- Avoid belts or elastic bands that can rub your skin
- Wear cotton underwear
- If you experience swollen legs or feet, talk to a doctor and wear ergonomic shoes

DID YOU KNOW?

- **The folds of the body and the areas that rub** including the armpit, groin and breast fold are very delicate, so they should be thoroughly dried with soft touches and then moisturized.
- **Dryness** can occur in the form of roughness, itching, feeling of tightness and light peeling of the skin.



3-step body care routine

- 1 **Use body cleansers** with pH 4.5 - 5.7 and rinse your skin well with lukewarm water. Dry yourself carefully with soft touches and without rubbing the skin's surface.
- 2 **Moisturize** your skin twice a day with balms, creams or oils, starting with the legs and ending at the arms with circular, smooth and slow movements.
- 3 **Protect** all exposed areas (legs, arms, top of the foot and backs of the hands) with SPF 50+.



TRY USING

Skin care products that are rich in mango and shea butter, amaranth oil, avocado oil, allantoin, rosa mosqueta oil, arginine, betaines or glycerin.

DEHYDRATED HANDS AND FEET, WHAT CAN I DO?

Throughout oncology treatment, some side effects such as dryness, swelling, irritation, tingling sensations or cramps in the hands and feet may occur. In some cases, the numbness, tingling and pain can be quite debilitating and may last years or for the long-term.



DID YOU KNOW?

- **Nail growth** may be affected due to treatment. They may become brittle, break easily or become pigmented or discolored. Keeping them cut short is often recommended
- Since the **areas between your fingers and toes** are prone to rubbing, they can become irritated and/or dehydrated
- **Tingling and cramping sensations** can be improved with a self-massage

Hand and foot care routine

- 1 **Moisturize hands and feet** two to three times a day with balms or oils that restore softness to the skin.
- 2 **Nourish your nails**, starting at the cuticle and extend over the entire nail bed with circular movements.

SUGGESTIONS

- Do not cut the cuticles or remove callouses
- Avoid using acrylic, gel nails or semi-permanent nail polish. This allows you to notice any nail changes
- We recommend using acetone-free nail polish remover
- White cotton gloves and socks can also help prevent rubbing in day-to-day activities
- Wear gloves when doing house or garden work
- Keep skin clean and well-moisturized
- Avoid sunburn and excess heat from saunas, hot baths, tanning and other sources
- Use a cuticle stick to push your cuticles back when they are soft (for example, after a bath)
- Use insect repellent when outdoors



LOOK FOR:

Creams and oils rich in organic aloe vera, rosa mosqueta oil, tamanu oil, arnica montana, chamomile, calendula, betaines, mango and shea butter, amaranth oil or avocado oil.



MY SCALP IS ITCHY, WHAT CAN I DO?

When there is a total or partial loss of hair, there is no longer a barrier against temperature changes and particles floating in the air. The scalp can become more sensitive. Therefore, it is very important that cleansing and moisturizing this area provides a calming effect.



DID YOU KNOW?

Sometimes the skin can be tight, dry and itchy, and you may even experience pain and breakouts.

SUGGESTIONS

It is important to protect the scalp from heat, cold temperatures and irritation by wearing a cotton hat.

Routine for scalp care

- 1 Moisturize the scalp daily** by performing a circular massage starting from the neck working your way to the forehead, paying close attention to the ears.
- 2 Wear cream with SPF 50+ protection**, even when wearing a scarf, wig or cap.

HOW SHOULD I TREAT ACNE OR BLEMISHES?

Sometimes drugs that are given during treatment can cause the appearance of small rashes, acne or blemishes that may result in itchiness. These blemishes are usually located on the face, head, torso, legs and arms.

SUGGESTIONS

- Do not perform or receive extractions
- Moisturize every day

3-step routine for blemish care

- 1 **Use alcohol-free cleansers** with beneficial pH on your skin.
- 2 **Moisturize daily** with creams or balms that provide a sense of comfort and well-being.
- 3 **Avoid** sun exposure.



LOOK FOR:

Products rich in organic aloe vera, chamomile, calendula, arnica montana, propolis extract, glycerin, arginine, betaines, mango and shea butter, amaranth oil or avocado oil.

MY SKIN IS MORE IRRITATED AND SENSITIVE, WHAT CAN I DO?

With radiation therapy, the skin can become more fragile and sensitive. In addition, the skin's surface that has been treated may become rough to the touch, red (like a sunburn) and swollen. Moisturize your skin with anti-inflammatory and antibacterial skin care products, which can help refresh and provide a sense of well-being.

3-step routine for sensitized skin

- 1 Use a **gentle body cleanser**.
- 2 **Moisturize** the area twice a day.
- 3 **Apply SPF 50+** to areas that are exposed to the sun.

TRY USING

Balms and oils rich in organic aloe vera, rosa mosqueta oil, tamanu oil, mango and shea butter, chamomile, centella asiatica, urea or oatmeal.

SUGGESTIONS

- If you are receiving radiation on the face, head and neck, it is important to go to the dentist before starting the sessions
- It is important that you attend any radiation session with clean skin, completely free of any residues from moisturizers or skincare products
- Always moisturize after your radiation session. Never forget to apply SPF 50+
- Wear cotton underwear with few seams to avoid irritation
- In the case of radiation treatment on the breasts, it is always better to wear a cotton shirt and then wear a bra over the shirt, to protect skin from being irritated
- Avoid underwire bras. Tip: bras that fasten at the front can help prevent irritation

HOW DO I TREAT SCARS?

After surgery, it is very likely that the area with the scar will feel tight and uncomfortable. To relieve this sensation, you may use products that improve skin's elasticity.

DID YOU KNOW?

You can apply skincare products on the scars, as long as they are **completely healed, without any open wounds or stitches.**



LOOK FOR:

Products rich in rosa mosqueta oil, organic aloe vera, propolis or arnica montana.



HOW SHOULD I PROTECT MYSELF FROM THE SUN?

It is important to know that some drugs can cause skin reactions when exposed to the sun. Good sun protection is always recommended, especially during the summer. High protection sunscreens, suitable for all skin types, will help protect and repair the skin of the entire body. Light, quickly absorbed textures will give your skin a fantastic feeling of comfort.



SUGGESTIONS

- **Avoid sun exposure** at times when the sun's rays are most intense (from 12 noon to 4 pm)
- **Use a high, waterproof SPF 50+** with UVA and UVB protection on the face and body. This will help prevent the adverse effects of the sun
- Re-apply sun protection **every two hours** on all exposed areas
- Use scarves or hats in addition to sunscreen
- Do not use UVA lamps or tanning beds

HOW CAN I PREPARE MY SKIN FOR MEDICAL TREATMENTS?



Prevention is one of the best ways of maintaining strong, nurtured skin during medical treatments.

SUGGESTIONS

- Start with a **daily 3-step routine**: cleansing, moisturizing and protecting your face and body
- **Start moisturizing the skin** at least 15 days before medical treatment and apply the appropriate skin care twice a day

LOOK FOR:

Products rich in organic aloe vera, rosa mosqueta, mango and shea butter, chamomile, urea, glycerin, arginine, betaines, amaranth oil, avocado oil, allantoin or calendula.

ENHANCE YOUR WELL-BEING

A professional aesthetician trained in Oncology Skin Care can advise you on the most appropriate products and treatments for your skin at all times. Their input is key at a time when you are experiencing uncertainty and when the first physical changes arising from medical treatments begin to occur. In addition, they can recommend the most appropriate aesthetic treatment for you according to your skin needs, and recommend the best treatments and products that help hydrate, oxygenate, soothe and provide the skin with more elasticity.

All these tips are for suggestions only and in no case should replace the doctor's recommendations.

When dealing with any symptoms that are bothersome or persistent, it is important that you communicate this to the doctor so that the most appropriate treatment can be recommended.





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Oncology Skin Care addresses more than the external appearance of skin. The care and health of the skin while undergoing cancer treatment may be connected to the state of one's mental and physical well-being. The Ricardo Fisas Natura Bissé Foundation is committed to helping those going through their cancer journey find balance and navigate common physical and emotional side effects of cancer treatments through skin care.

RICARDO FISAS NATURA BISSÉ FOUNDATION

2000 Westridge Dr, Ste 100

Irving, TX 75038, United States - **972.791.1500**

A stylized, handwritten signature of Ricardo Fisas in black ink.

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