GUIDELINES

Indications: Clients in treatment or post-treatment suffering side effects to the skin caused by chemotherapy - pruritus, xerosis, dry/aging skin, acne.

Pressure: Touch Level 2 slowly increasing to Level 3.

Touch Guidelines: Slow strokes, avoid going fast - use appropriate products.

Client Self Care: If suffering from severe dry/itchy skin recommend a gentle facial exfoliating product weekly. Moisturize AM/PM with gentle products to reduce itching and dryness.

Many clients see changes to skin during and after treatment, making them self-conscious.

CONTRAINDICATIONS

Do NOT work below clavicle for facial or facial massage.

Do NOT perform facial on client with Head and Neck Lymphedema.

Do NOT perform facial on client with recent surgery to head, neck or scalp.

Severe acne is a contraindication if skin is extremely pustule, inflamed or painful to touch.

Open wounds due to itching of skin, or other open wounds, are contraindicated.

Do NOT go beyond Touch Level 3 if client is in active treatment or within 1-year of treatment.

Offer chemotherapy clients a hand/arm massage instead of a scalp massage, unless client requests scalp. Hair will be thin, weak or absent.
PROCEDURE

Step 1 — Consultation
Use consultation card to ensure client is in no way contraindicated to the treatment. Check if they are aware of or have any side effects from treatment that may require adjusting the procedure. Discuss comfort level with side-to-side head movement during massage of the shoulders. Review concerns regarding skin prior to facial.

Use pillows for comfort according to “props” guidelines.

Step 2 — Skin Analysis
Check skin for contraindications and indications for treatment using a microscopic lamp if available.

Step 3 — Cleanse the Eye Area
Some clients will lose their eyelashes and brows during or after chemotherapy.

Step 4 — Cleanse and Tone the Skin
Use gentle moisturizing products.

Step 5 — Exfoliate the Face and Neck
Use a gentle and non-abrasive exfoliating product. Remove with warm (not hot) mittens for client comfort and to minimize effects of dehydration from water on skin.

Step 6 — Massage Face, Neck & Shoulders (Not Below Clavicle)
a. Use long slow strokes across face, neck and shoulders to spread oil.
b. Work shoulders simultaneously and one side at a time while turning the head — do NOT massage below clavicle.
c. Massage face with upward movements starting on lower portion and finishing at forehead, include the eyes.
d. Finish with gentle scalp hold.

Step 7 — Mask Application
Apply calming moisturizing mask to face/neck and leave on for recommended time.

Step 8 — Massage Scalp or Hand/Arms While Mask Is On
Use scalp massage protocol. If doing hands and forearms, massage in direction of heart beginning with fingertips, to wrists, then up to elbow. End all strokes in the direction of the heart.

Step 9 — Remove the Mask with Warm Mittens
Follow by toning the skin.

Step 10 — Apply Eye Cream & Facial Moisturizer

© WellnessforCancer. This material is for informational purposes only and may not be relied on as a substitute for actual professional medical advice, care or treatment. Such information is not intended for diagnosing or treating any health condition and is not a substitute for professional medical evaluation, diagnosis or treatment. Wellness for Cancer does not make any medical claims and cannot guarantee any results or outcomes. Wellness providers are independent practitioners in private practice and are neither employees nor agents of Wellness for Cancer. Wellness for Cancer accepts no liability for injury or damage resulting from your decision to use any service, information, or instruction found or referenced in these materials.