

BREAST MASSAGE UPON COMPLETION OF RADIATION THERAPY



1. Begin breast massage in approximately 14/21 days after completion of the radiation therapy. The skin to the breast should be beginning to return to normal with less tenderness and skin reaction. For partial breast patients, massage may be able to start in 7/14 days.
2. This should be done once daily, and should take about 1-2 minutes. This should be continued for 2-3 months after the completion of radiation therapy.
3. Use a heavy moisturizing cream. Take your opposite hand and, starting at the nipple, massage in a circular motion around the entire breast area, ending at the axilla (armpit).
4. The purpose of this massage is to break up scar tissue formation and move any breast fluids out of the breast as well as provide moisture to the skin.

Examples of good creams to use: Lubriderm®, Eucerin®, Nivea®, Cetaphil®, Neutrogena®