



مركز الكويت لمكافحة السرطان
Kuwait Cancer Control Center

Saline Soaks

Patient Education



Developed in partnership with



Information for Patients Receiving Radiation Therapy

How to Make Normal Saline at Home

Things you will need:

- A clean pot to boil water.
- Table salt.
- Clean jar with a lid.
- Clean soft cloth (a face cloth or reusable towel - "J-cloth").
- Clean bowl.



Instructions:

1. To make one (1) quart (32 ounces or 1000 ml), measure 4 cups of tap water and pour it into the pot.
2. Add 2 level teaspoons of table salt to the water.
3. You may make a smaller amount if you wish (e.g., 1 level teaspoon to 2 cups of water or ½ level teaspoon to 1 cup of water).
4. Cover the pan. Bring the water to a boil and boil for 15 minutes. Be sure to keep the lid on the pan.
5. Remove the pan from the heat. Keep the lid on the pan while the normal saline cools to room temperature.
6. Pour the normal saline into a clean jar. Close the jar tightly with a clean lid.
7. Label the jar with the date and time the normal saline was made. Throw away any unused saline solution after 24 hours.



Do not use saline solution that is used for contact lenses since it has agents and preservatives in it.

How to do a Saline Soak to Your Skin?

Instructions:

1. Before you start, wash your hands.
2. Place the clean, soft cloth in the bowl (e.g., a face cloth).
3. Pour the saline solution into the bowl until the cloth is wet.
4. Gently squeeze the cloth to wring out excess water.
5. Sit or lie down.
6. Expose the reddened, cracked, or open area of skin.
7. Put the cloth on the reddened, cracked, or open area for 5 to 10 minutes.
8. Remove the cloth before it dries. If it dries, add more saline solution before removing it from your skin.
9. Leave the area exposed to the air for 1 to 2 minutes to let the skin air dry. Do not rub the area.
10. Wash your hands when you are finished, and use a new cloth and clean bowl each time you do the soaks.



What temperature should the saline soak be?

Most people prefer the saline soak to be at room temperature.

How often should I do saline soaks?

You can apply a saline soak 3 to 4 times a day. Keep doing the saline soaks until the area is healed, even after the radiation treatment has finished.



What do I put on the skin after I do the saline soak?

This is based on individual preference. You may not need to put anything on, or you may need to use an ointment or non-stick dressing if the skin is broken open.

- DO NOT put talcum powder or cornstarch on cracked/open skin.
- DO NOT put moisturizers or over-the-counter creams on cracked/open skin unless your doctor or nurse has advised you.

If you have any questions, please speak to your treating physician or health care provider.



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