

Top Tips for Looking After Your Scalp on Optune

Skin irritation is one of the more common challenges with Optune. Most problems can be managed well when they are spotted and treated early. A good routine makes array changes more comfortable and stops small issues from growing.



Skin Care Kit

Keep moisturiser, 1% hydrocortisone, Canesten HC and mupirocin at home. Ask your prescriber what to have ready.



Gentle Removal

Help arrays slide off rather than peeling them. Try the shower, a hot wet flannel or a little baby oil.



Shave & Cleanse

Shave carefully, then wash with a gentle shampoo or non-soap cleanser. Check for redness, soreness or broken skin.



Moisturise

After washing, moisturise with Aveeno or Dermol 500 to keep skin healthy and reduce dryness.



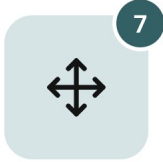
Scalp Break

No need to rush the next arrays. Shower, moisturise and relax to give your skin some time uncovered.



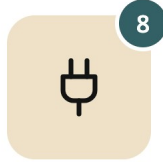
Treat Early

1% hydrocortisone for small red patches. Larger, angrier areas may need Canesten HC with mupirocin. Antihistamines can help itching.



Shift Your Arrays

Move arrays around 1 to 2 cm each change so skin can recover. Avoid placing them over sore areas.



Reconnect

Once your scalp is ready and new arrays are on, reconnect your device. It gets easier with practice.



Ask for Help Early

The most important tip. Tell your Optune prescriber or the Optune Support UK WhatsApp group as soon as skin gets sore.

A Simple Array-Change Routine

Remove gently › Shave › Wash › Moisturise › Take a break › Check & treat › Reposition › Reconnect

⚠ Skin problems that are worsening, persistent, painful, broken or concerning should be discussed with your healthcare team, as prescription treatment may be needed. Don't keep escalating treatment yourself without medical advice. Severe problems that cannot be resolved are very uncommon, affecting only around 3% of patients.