



END OF RADIATION THERAPY TREATMENTS | HEAD

You have just had your last radiation therapy treatment. The side effects (redness at the area treated, partial or total hair loss, headache, nausea, fatigue) may persist or even increase during the two weeks after your treatments are over. These effects will gradually disappear.

RECOMMENDATIONS TO FOLLOW AT THE END OF TREATMENTS

In the coming weeks, it will be important to follow these recommendations to minimize the complications that may occur.

Caring for the skin at the area treated

- Be gentle with your skin.
- Apply an unscented moisturizing cream to the area treated for several weeks (until the redness and discomfort disappear) to ensure optimal recovery of the skin.
- Refrain from exposing the area treated to irritants like the sun and cold until the redness on your skin disappears.
- In the future, you should always apply a sunscreen with SPF 45 (protection from UVB and UVA rays) to the area treated or wear a hat during any exposure to the sun.

Hair loss

- You may gradually lose your hair. Hair usually starts growing back about two months after the end of your treatments.
- Treat your hair gently:
 - use a soft-bristled brush;
 - wash your hair with a mild shampoo every four (4) to seven (7) days;
 - gently towel-dry your hair and let your hair dry naturally or use a blow dryer at low temperature.

Diet: eat a balanced diet, based on *Canada's Food Guide*.

Return to daily routine activities: return to your regular activities progressively.

In the event of complications or a worsening of the side effects associated with radiation therapy



You can reach the Radiation Oncology Department at 819-346-1110, ext. 14602, Monday to Friday, 8 a.m. to 4 p.m.



If the Department is closed, call Info-Santé at 8-1-1.



Consult your family doctor or go to emergency at the nearest hospital.

Author

Service de radio-oncologie de l'Hôpital Fleurimont

Revision and layout

Direction des ressources humaines, des communications et des affaires juridiques