



END OF RADIATION THERAPY TREATMENTS | ENT

You have just had your last radiation therapy treatment. The side effects (redness at the area treated, hair or beard hair loss, dry mouth, pain in mucous membranes, burning sensation when swallowing, 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 during any exposure to the sun.

Oral hygiene

- Maintain good oral hygiene.
- Use mouthwash and gargle as needed in the two weeks following the end of your treatments using the following recipe: four (4) cups (1 litre) lukewarm water, one (1) teaspoon (5 ml) baking soda, and one (1) teaspoon (5 ml) salt. You may also use Biotène®, which is sold in pharmacies.
- The next time you visit the dentist, tell the staff that you have undergone radiation therapy treatments.

Throat irritation: avoid foods that are very hot or very cold, spicy, or acidic.

Shaving and hair dyeing: shaving and hair dyeing are allowed unless your skin condition requires special monitoring.

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 call the Department of Radiation Oncology
at 819-346-1110, extension 14602,
Monday to Friday, 8:00 a.m. to 5:00 p.m.



If the department is closed,
Call Info-santé at 8-1-1.



Go to the nearest
hospital emergency department.

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Revision and layout

Service des communications

Direction des ressources humaines, des communications et des affaires juridiques

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