



RADIATION THERAPY TREATMENTS | BREAST

RECOMMENDATIONS TO FOLLOW DURING YOUR TREATMENTS

CARING FOR THE SKIN AT THE AREA TREATED

- Wash the area treated with mild, unscented soap.
- Don't wear clothing that could irritate the area treated.
 - We recommend that you wear cotton clothing.
 - Avoid wearing tight-fitting clothing.
- In the evening, apply the cream recommended by your radiation oncologist to the area treated. The daily application of this cream is intended to keep your skin hydrated during treatment and reduce the risk of dryness or redness. It is not necessary to wash the skin before treatment to remove the cream.
 - Don't apply cream within the 3 hours before a treatment.
- Protect the area treated from intense cold and sun by wearing something over it.
- Don't immerse the area treated in water containing chlorine (pool or spa).
- Refrain from using antiperspirant or deodorant containing aluminum on the area treated. Opt for an unscented aluminum-free deodorant (ex.: crystal or unscented alum).
- Avoid frequent shaving or hair removal of the armpit of the side treated. If you absolutely insist on doing so, it is better to use an electric razor as it will cause less skin irritation.
- Depending on your level of discomfort, apply wet compresses for approximately 15 minutes to the treatment area. For 2 cups of boiled water, add 1 teaspoon (5 ml) of salt and 1 teaspoon (5 ml) of baking soda. Do so as needed – there is no limit to the number you may do. The mixture can be kept in the refrigerator for one week.

DIET

- Eat a balanced diet, based on *Canada's Food Guide*.

EXERCISES

- Continue arm flexibility exercises if they are recommended by your doctor.

SIDE EFFECTS

Some side effects are likely to occur during your treatments. If any of them become bothersome, inform the technologist during your treatment so we can help you control and minimize the effect.

Redness or bump on your tattoos (6 points): if the redness or the bump persists for more than 48 hours (2 days), contact us at 819-346-1110, ext. 14602.

Redness at the area treated: follow the recommendations for caring for the skin at the area treated.

Fatigue: plan your activities in such a way as to conserve your energy; perform the least demanding tasks. Set reasonable goals and priorities at work and at home. Ask for help to do tasks that require a lot of effort and those that tire you the most. Have a short nap during the day (maximum 60 minutes per day).

THE DAY OF YOUR TREATMENT

Go to the Radiation Oncology Department in the basement of wing 6 at the Hôpital Fleurimont. Take a seat in waiting room number 4; there is no need to go to reception.

- At your first appointment, a technologist will go to the waiting room to get you.
- At your subsequent appointments, we will call your name over the microphone.

Should you be unable to come to your appointment, call us to let us know at 819-346-1110:

- Treatment room C: ext. 13522
- Treatment room D: ext. 16680
- Treatment room E: ext. 14366
- Treatment room G: ext. 14992

YOUR TREATMENT SCHEDULE

Your first radiation therapy treatment will be on:

You will be informed by phone of the time for your first treatment. If you have not received a call 24 hours before your appointment, call 819-346-1110, ext. 14602.

FOR YOUR OTHER RADIATION THERAPY TREATMENTS

You will be informed of the dates and times of your next treatments onsite, at the time of your initial treatment.

Please note that the time of your treatments is subject to change. If that is the case, you will be informed. Thank you for your cooperation.

DEPARTMENT HOURS AND CONTACT INFORMATION

Radiation Oncology Department
Monday to Friday (except holidays)
8 a.m. to 4 p.m.

The Department is closed on Saturday and Sunday.

Reception
819-346-1110, ext. 14602

A VIDEO FOR YOU

Watch the video *Radio-oncology patient trajectory at the CIUSSS de l'Estrie – CHUS*.



This informative video for users and their loved ones explains each of the steps in radiotherapy treatment. It gives them a visual perspective of the site and the equipment, and explains the roles of each professional they will meet in radio-oncology. This video was made possible thanks to the financial contribution of the Fonds Brigitte-Perreault, Fondation du CHUS.

To view it: bit.ly/radio-oncology

QUESTIONS OR COMMENTS
