



THE END OF YOUR RADIOTHERAPY TREATMENT | ORTHOVOLTAGE RECOMMENDATIONS

You have just completed your radiotherapy treatment. The side effects (localized redness at the treatment site, pain, fatigue) may persist or even increase over the two weeks following the end of your treatment. These side effects will gradually disappear.

RECOMMENDATIONS FOR THE END OF YOUR TREATMENT

Over the next few weeks, it is important that you follow the recommendations below in order to minimize potential complications.

SKIN CARE IN THE TREATED AREA

- Be gentle with your skin.
- Do not scrub or rub off the pencil marks: they will wash off gradually.
- Apply an unscented moisturizing lotion on the treated area for a few weeks after your treatment has ended (until the redness or discomfort disappears) to foster the optimal recovery of your skin.

- Avoid exposing the treated area to irritants such as the sun and the cold until the redness on your skin has disappeared. Thereafter, apply SPF 45 sunscreen (with UVB and UVA protection) to the treated area when it is exposed to the sun's rays.

FOOD AND NUTRITION

Maintain a balanced diet based on Canada's Food Guide.

RESUMING YOUR NORMAL ACTIVITIES

Progressively resume your regular activities of daily life.

IF YOU EXPERIENCE COMPLICATIONS OR A WORSENING OF SIDE EFFECTS, CALL IMMEDIATELY::



The radio-oncology team
at 819 346-1110, ext. 14602,
Monday to Friday from 8 :00 a.m. to 4:00 p.m.



If the clinic is closed,
dial 8-1-1 for Info-Santé.



Go to the Emergency Department
of the nearest hospital centre.

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Revision and layout

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