



RADIATION THERAPY TREATMENTS | ENT

RECOMMENDATIONS TO FOLLOW DURING YOUR TREATMENTS

CARING FOR THE SKIN AT THE AREA TREATED

- Wash the area treated with mild, unscented soap.
- Don't apply cream to the area treated unless it has been prescribed by the radiation oncologist.
 - If the radiation oncologist prescribes a cream, don't apply any in the 3 hours before a treatment.
- Don't wear perfume or cologne.
- Don't apply cosmetics.
- Use an electric razor and shave only every two (or more) days.
- Protect the area treated from intense cold and sun (wear a scarf or hat outdoors).
- Don't immerse the area treated in water containing chlorine (pool or spa).

DIET

- Eat a balanced diet, based on *Canada's Food Guide*.
- Refrain from consuming alcoholic beverages.
- Refrain from smoking.

ORAL HYGIENE

- Maintain excellent oral hygiene according to your dentist's recommendations.
- Use mouthwash and gargle 6 to 7 times per day (or more as needed) using the following recipe: 4 cups (1 litre) lukewarm water, 1 teaspoon (5 ml) baking soda, and 1 teaspoon (5 ml) salt. You may also use *Biotène®*, which is sold in pharmacies.
- Don't use commercial mouthwashes as these products usually contain alcohol, which may dry out your mucous membranes (gums, lips, cheeks, tongue) to an even greater extent.

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

Hair or beard hair loss: hair or beard hair loss will be localized to the area treated. Hair and whiskers may grow back, depending on the dose received. Ask your radiation oncologist.

Dry mouth (lack of saliva) and pain in mucous membranes (gums, lips, cheeks, and tongue): follow the oral hygiene recommendations.

Burning sensation when swallowing: avoid foods that are very hot or very cold, spicy, acidic, or very dry. Drink water as you eat. If eating becomes more difficult because of a burning sensation when swallowing (inflammation), grind your food and eat it in small quantities and more often.

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.

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. You will be informed should this be the case. Thank you for your cooperation.

Centre intégré
universitaire de santé
et de services sociaux
de l'Estrie – Centre
hospitalier universitaire
de Sherbrooke



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

Author

Service de radio-oncologie

Revision and layout

Service des communications

Direction des ressources humaines, des communications et des affaires juridiques

© Centre intégré universitaire de santé et de services sociaux de l'Estrie – Centre hospitalier universitaire de Sherbrooke, 2019

santeestrie.qc.ca

January 2015 – 1-6-71805 | Update: January 2022