



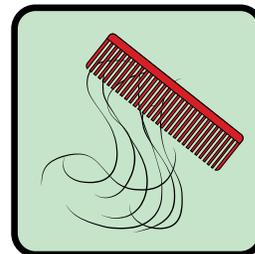
When Radiotherapy Treatment Ends

Congratulations! You have completed your radiotherapy treatments. What is important to remember is that your side effects will improve with time. However, it is perfectly normal for side effects to remain the same or even increase slightly over the next 14 days. You will also need to have regular medical follow-up visits with your radiation oncologist.

Frequently Asked Questions

Now that my treatment is over, how do I care for my skin?

- Continue to be gentle with cleansing.
- Gently wash away the ink markings using only a mild, unscented soap and lukewarm water.
- Rinse the skin well and pat dry with a soft towel. Tattoos are permanent and will not wash off.
- Wear loose-fitting cotton clothing. Avoid synthetic materials and tight clothing that will cause friction against the skin that was treated.
- Protect your skin from the sun by covering up and using sunscreen with an SPF 30 or higher.
- Avoid tanning or sunburns for the rest of your life.
- If you have any skin reaction from the treatment, it may worsen over the next 14 days.
- The skin will gradually heal 3 to 4 weeks after treatment is completed.
- You may lose some or all of the hair in the area that was treated. Depending on the dose given, hair will usually grow back 2 to 4 months after treatment is finished.



What happens next?

- Fatigue is a common side effect during radiation treatment. This gradually goes away after treatment ends, but it may last several months.
- It is important to let your doctor know about fatigue that stops you from doing regular activities.
- Inform your doctor of any symptoms that worry you, such as a change in appetite or sleep patterns or a loss of interest in pleasurable activities.

When to call for help?

It is important to notify us if you have any of the following:

- If you develop a fever of 101°F or 38.3 °C or higher
- Severe and constant pain
- Blistering or opening of skin in the treated area
- Drainage or secretions from the skin in the treated area
- Any other new symptoms or problems

What should I do if I feel very sick or if there is an emergency?

Should you experience any serious reactions that are causing you to worry, please call your doctor or nurse

- Weekdays - tel: 514-934-1934 ext. 43400.
- At night or during the weekend: call the MUHC switchboard - tel: 514- 934-1934 and ask for the Radiation Oncology Resident on Call.
- If your symptoms are particularly severe or you are unable to reach the Radiation Oncologist you should go to the emergency room of the nearest hospital.

IMPORTANT PLEASE READ

Information provided by pamphlet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

This material was developed by MUHC Department of Radiation Oncology. We would like to thank the MUHC Patient Education Office for their support throughout the development of this material, including the writing, the design, layout, as well as for the creation of all the images. We would like to thank the MUHC Patient Education Committee for translation and printing support for this project.



**Office d'éducation des patients
Patient Education Office**

© Copyright 20 June 2016, 25 November 2013 McGill University Health Centre. 2nd edition. This document is copyrighted. Reproduction in whole or in part without express written permission from patienteducation@muhc.mcgill.ca is strictly prohibited.