

CARE NOTE

Thank you for choosing a Netcare facility

We trust that YOU received the care you deserve.



Now that your radiation therapy is complete, it is important to us that you know what to expect and look out for when you go home.

Therefore, if anything is unclear, please do not hesitate to ask a member of our radiotherapy staff and oncologists to assist in getting you the advice you need.



RADIOTHERAPY AFTERCARE

Rarely, a symptom may persist for months. Most symptoms will go away over time.



SKIN REACTIONS

Your skin will continue to be sensitive after your treatment has finished. Skin reactions may worsen for up to 10 days after your last treatment causing redness or a type of “sunburn”.

- During this time don't scrub or use soap when you wash. Let water run over the area and pat dry, moisturise your skin with recommended products.
- Protect your skin from injury and avoid prolonged or direct sunlight to the affected area.

- Protect your skin from heat or cold. Avoid hot tubs, saunas, heating pads and ice packs.
- Avoid swimming until skin reactions have settled as the chlorine may irritate the already sensitive skin.
- If the skin has broken due to radiation therapy healing may take longer.
- If you are concerned that your skin reaction is not improving after a few weeks, please contact your doctor for further advice.



APPETITE AND DIET

If you had to adjust your diet during your radiation treatment to control the side effects, continue as recommended by your healthcare practitioner, until your side effects have settled.

- Eat slowly.
- Eat small meals several times a day.
- Consider a liquid diet if you have difficulty in swallowing solid food.
- Drink plenty of water; hydration will help speed the healing process.
- If you are concerned that your appetite is not improving after a few weeks please contact your radiation oncologist or GP for further advice.



FATIGUE

Radiation therapy may cause you to feel tired. Your body is working hard to heal and repair itself. Fatigue can range from mild to a more extreme feeling of lethargy. Fatigue can last from weeks to months depending on your age, health, level of activity and how you felt before the radiation therapy started. The following may help manage your fatigue:

- Get plenty of rest, pace yourself and adjust to your normal routine gradually.
- Try to do some light exercise each day.
- Plan tasks for the times when you tend to have the most energy.
- Ask for help when you need it.
- To help you sleep try to relax before going to bed.



PAIN

- Keep yourself pain free
- If your pain is persistent or gets worse and is not relieved by the prescribed pain medications please contact your doctor.



OTHER SIDE-EFFECTS

- **Diarrhoea /Constipation:** you may need special dietary advice from your radiation oncologist.
- **Nausea & Vomiting:** if you have experienced any nausea or vomiting during your treatment continue taking the anti-sickness medication prescribed for you until your symptoms subside.
- **Hair loss:** if hair loss has occurred in the treatment area it will grow back within 4-6 months of treatment ending. The speed and extent of hair regrowth may vary from person to person.
- **Bladder Infection:** Radiotherapy to the pelvic area can irritate the bladder and may cause a urinary tract infection in which case you will need antibiotic treatment.
- **Headaches:** Radiotherapy to the head can cause headaches. Medication may be prescribed by your doctor during treatment to help with these symptoms. This should improve when treatment stops. If the headache persists or gets worse please consult your radiation oncologist.



FOLLOW-UP

A follow-up visit must be scheduled with your radiation oncologist so he or she can assess your status after treatment.

Your comfort is important to us! If anything is unclear please do not hesitate to call your doctor.

Source: <https://www.mayoclinic.org/tests-procedures/radiation-therapy/about/pac-20385162>

We wish you a speedy and full recovery!

Please note

The above information is an educational aid only and does not replace the advice given by your treating doctor.