

Important Contact Information

Radiation Therapy Reception
(709) 777-8206

Nutrition Reception
(709) 777-7604

Social Work Reception
(709) 777-7604

Daffodil Place
(709) 753-6520

Agnes Cowan Hostel
(709) 777-6831
(709) 777-6832

Cancer Patient Navigator
(855) 848-3888

Look Good Feel Better Program
Western (709) 634-6542
Central (709) 489-5822
Eastern (709) 777-6480
www.lgfb.ca

Nurse _____

Phone # _____

Radiation Therapy

Head & Neck





Radiation Treatment

- It is important to lay still and breathe normally
- The treatment cannot be seen, felt or smelled
- You will not be radioactive after treatment
- Each treatment takes about 15mins
- It is important to follow therapists' instructions

Side Effects of Treatment

Mouth or Throat Soreness

- Avoid spicy, hard and acidic foods
- Choose soft foods
- Eat with sauces or gravies to ease swallowing
- Avoid very hot or very cold foods and drinks
- Take small bites and chew well
- Drink clear fluids while eating

Mouth or Throat Dryness

- Sip clear fluids throughout the day
- Try sugar-free hard candy
- Avoid alcoholic or caffeinated drinks
- Moisten dry foods before eating them

Taste Changes

- Eat smaller, more frequent meals
- Avoid metal cutlery if foods taste metallic
- Try dairy, eggs or fish if meat is unappealing
- Try mild flavours if foods taste strong or bitter
- Meals should be attractively presented
- Try new foods to find something appealing
- Try sugar-free gum, candy or mints

Hoarseness

- Sip clear fluids throughout the day
- Rest your voice
- Use a pen and paper to communicate

Directions for Oral Rinse

Mix 1 tbsp. of baking soda or salt in a 500 ml bottle of water.
Sip, Swish, Gargle and Spit.

Mouth Care

- Use a soft or extra-soft bristled toothbrush
- Avoid commercial mouthwash
- Use the Oral Rinse here 4-5 times daily
- Avoid alcohol and tobacco
- Sip clear fluids throughout the day

Skin Care

- Skin in the treatment area may get irritated
- Avoid scratching the irritated area
- Use an electric razor if you need to shave
- Dove unscented soap is recommended
- Pat or air dry after a shower or bath
- Avoid creams or lotions in the treatment area
- Do not expose the area to direct sunlight
- Avoid hot water, hot water bottles, ice packs and heating pads in the treatment area

Fatigue

- You may feel tired 3-4 weeks into treatment
- Rest when needed
- Eat a well balanced diet and drink plenty of clear fluids