

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

Skin





Integrity
Fairness
Connectedness
Excellence
Respect

Sore Nose

- May occur with treatment on or near the nose
- The nasal lining may get dry or irritated
- You may have dry blood in the nose
- Avoid blowing the nose
- Avoid putting tissues or swabs in the nose
- A cool mist humidifier may help with dryness
- The doctor may recommend a nasal lubricant, spray or rinse

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

Skin Irritation

- Skin in the treatment area will 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
- Avoid cosmetics in the treatment area
- Do not expose the area to direct sunlight
- Avoid hot water bottles, ice packs and heating pads in the treatment area

Sore Mouth

- May occur with mouth, lip or cheek treatment
- The gums, lips or mouth may get sore
- Avoid spicy, hard and or acidic foods
- Choose soft foods
- Avoid very hot or very cold foods and drinks
- Use a soft or extra-soft bristled toothbrush
- Avoid commercial mouthwash
- Use the oral rinse below 3-4 times daily
- Avoid alcohol and tobacco

Directions for Oral Rinse

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