

# End of Breast Treatment Frequently Asked Questions



## Post-Treatment Appointments

You will be given a follow-up appointment to see your radiation oncologist in a few weeks or months.

Please ensure that all imaging and labs are completed prior to your follow-up appointment with your radiation oncologist. Please keep your follow-up appointment with other members of your health care team involved in your cancer care.

## Side Effects and Symptom Management

- Symptoms related to your treatment may last for weeks or months after your treatment is complete.
- Your symptoms may initially worsen but will gradually improve over the next few weeks.
- Common post-treatment side effects include:
  - **Skin redness or peeling:** Follow skin care instructions below.
  - **Pain** may worsen the week after radiation but will gradually improve over the next few weeks.
  - **Fatigue:** Take rest periods and get plenty of sleep during your recovery period.

*If any of your symptoms worsen, do not improve, or you experience new symptoms, contact the clinic via MyChart message or call your radiation oncology nurse for further direction at **214-645-8525**.*

### Skin

- Be gentle while showering or bathing.
- Cleanse daily with gentle soap.
- Continue to apply recommended lotion to the treatment area daily.
- Use sunscreen SPF 30 or higher on treated area if area is exposed to sun.

### Diet

- A well-balanced diet and adequate water intake are essential to your recovery after radiation therapy.
- If you require supplemental nutrition, please follow your dietitian's guidelines.
- Please check with your oncology team before you resume your vitamins and supplements that were discontinued prior to treatment.

### Exercise

- Safe levels of exercise can assist you with your recovery after radiation therapy.
- Before exercising, please check first with your physician.

### Medications

- Never stop or change your medications without consulting your doctor first.
- Review your current prescription status and whether any refills are necessary.

## Emotional Well-Being

Everyone reacts differently to treatment. You may experience anxiety, depression, anger, frustration, fear, or helplessness. If you start to experience severe depression or suicidal thoughts, seek immediate medical attention.

***Suicide Prevention Lifeline: 1-800-273-8255***

***Crisis Text Line: Text CONNECT to 741741***

### Notes:

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