

End of Lung Treatment Frequently Asked Questions



Post-Treatment Appointments

Please follow up with other members of your health care team involved in your cancer care. If you are experiencing side effects from radiation therapy, please contact your radiation oncologist to schedule your follow-up appointment and follow-up imaging.

Please ensure that all imaging and labs are completed prior to your follow-up appointment with your radiation oncologist.

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.
- Common post-treatment side effects include:
 - **Pain with swallowing** may worsen the week after radiation but will gradually improve. Sipping on cool water may help. Continue medication prescribed by your doctor for this until it improves.
 - **A new, persistent dry or worse cough** could indicate inflammation in the lungs. If this occurs, please let your provider know.
 - **Fatigue:** Take rest periods and get plenty of sleep during your recovery period. This should improve a couple of weeks after your radiation therapy is finished.
 - **Changes in breathing** may occur. Please notify the clinic if any changes concern you.
 - **Skin redness or peeling:** Follow skin care instructions below.
 - **Hair loss:** Hair will usually grow back 3 to 6 months following treatment.

*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 skin daily with gentle soap.
- Continue to apply recommended lotion to the treatment area daily.
- Use sunscreen SPF 30 or higher on the area that was treated.

Diet

- A well-balanced diet, adequate water intake, and an increase in protein are essential to recovery during/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

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

Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: Text CONNECT to 741741

Notes:
