UT Southwestern
Harold C. Simmons
Comprehensive Cancer Center
Radiation Oncology

End of Pediatrics Treatment
Frequently Asked Questions

Post-Treatment Appointments

Your child will be given a follow-up appointment to see their radiation oncologist in a few weeks or months.

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

Side Effects and Symptom Management

- Symptoms related to your child's treatment may last for weeks or months after their treatment is complete.
- Their 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.
  - **Hair loss** to the treatment site is possible.
  - **Pain** may worsen the week after radiation but will gradually improve over the next few weeks.
  - **Fatigue:** Make sure they take rest periods and get plenty of sleep during their recovery period.

If any of your child's symptoms worsen, do not improve, or they experience new symptoms, contact the clinic via MyChart message or call their 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.

Exercise

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

Diet

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

Medications

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

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Emotional Well-Being

Every person reacts differently to treatment. Your child may experience anxiety, depression, anger, frustration, fear, or helplessness. If they 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:

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