

End of Skin Treatment Frequently Asked Questions



Post-Treatment Appointments

Please follow up with other members of your health care team involved in your cancer care. 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.

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.
 - **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:** 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 broad-spectrum sunscreen SPF 30 or higher on the area that was treated.
- If you stopped phototherapy (UVA or UVB) or other medications during radiation, you may resume one week after completing radiation.

Do not remove the stickers (if you have them). After your final treatment, you can begin to apply recommended lotion on top of stickers to allow them to fall off on their own.

Exercise

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

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.

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:
