

End of Central Nervous System 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 and/or nurse practitioner. Please follow up with other members of your health care team involved in your disease 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:
 - **Hair loss:** Hair will usually grow back 3 to 6 months following treatment.
 - **Fatigue:** Take rest periods and get plenty of sleep during your recovery period.
 - **Skin reactions** due to radiation treatment may initially worsen, but will gradually improve over the next 3 to 4 weeks.

If your pain or headache symptoms worsen or do not improve, please call 214-645-8525 or go to your nearest Emergency Room. For any new symptoms, please call your radiation nurse at the number above or contact the clinic via MyChart message.

Medications

- Never stop or change your medications without consulting your doctor first.
- Review your current prescription status and whether any refills are necessary.
- If taking steroids, do not stop suddenly. Make sure to follow taper instructions.

Diet

- A well-balanced diet and adequate water intake are essential to your recovery after 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.

Skin

- Be gentle while showering or bathing.
- Cleanse skin daily with gentle soap free from dyes or fragrances.
- Continue to apply recommended lotion (dye and fragrance free) to the treatment area daily.
- Use sunscreen SPF 30 or higher on the area that was treated or cover before sun exposure.

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:
