

## **BMDA Home Care Instructions After Completing Radiation Treatment**

Congratulations on nearing the end of your radiation treatment. You received previous information about side effects, medicine, managing symptoms and what to expect. This information will help you know what to expect in the coming weeks and months.

### **Symptoms and Side Effects (begin about 2-3 weeks after starting treatment)**

#### **Energy and Fatigue**

Although radiation kills cancer cells, it can cause your body to be tired from the work it is doing to heal. Most patients have one or more problems. These can include less energy, stamina and general functioning or mood changes. It's important to supplement your diet as directed by your doctor and treatment team. Please contact your medical team or dietitian to discuss specifics.

#### **Skin Care**

Redness, irritation, sunburn and sometimes dry peeling or ulceration of the skin can occur after 3 weeks or more of radiation. The damaged skin usually heals by 2-3 weeks after radiation. If you received cream or ointment to apply, continue to use the product(s) for dryness or itching. If you have new or worsened peeling, oozing, or infected looking skin, contact your radiation team for help.

#### **Internal Organs**

Radiation affects the areas where radiation was aimed, including outer parts and inner parts of the body. These include brain (function w/mood changes), skin, body hair, muscles and tissue, mouth, throat, neck, esophagus, stomach, gut, colon, bladder and rectum. Continue to take your medicines to help with side effects to these areas. These can include ointments, inhalers, nebulizers, steroids, etc. The medicines will help manage symptoms related to pain, nausea and reflux.

#### **Long Term**

Most patients notice that side effects and symptoms improve about 5 weeks after radiation treatment has stopped. If you continue to have problems or feel that side effects are worse after 5-6 weeks, contact the radiation treatment center, your local doctor or your primary care team.

#### **Follow-up**

Within 4-12 weeks after treatment, you will have a follow-up visit to check your healing and progress. Contact your clinic if you have problems with scheduling.

We are here to help. Please call the office at 904-202-7300 if you have any questions or concerns in regard to your radiation