

## Radiotherapy to the Breast



Hermitage Medical Clinic

A Community Hospital for our Patients' Needs

You will see the Radiation Therapists daily and your consultant weekly while you are on radiotherapy. If you are having difficulty contact us 01-6459045. For emergencies outside of radiotherapy hours please call the Hermitage Medical Clinic on 01-6459000.

### **Radiotherapy Side Effects**

#### **Skin Reaction**

- Your skin may become red and itchy in the treatment area.
- Use Simple Soap with E45 or Aqueous Cream to wash and moisturise the treatment area.
- Use “Crystal Stone” deodorant only.
- Wash the treated skin gently with warm water, and pat dry with a soft towel.
- Wear something loose and comfortable, preferably Cotton. Avoid wearing a bra where possible as this will irritate the treatment fields.
- Do not use perfumed creams, soaps or deodorants and avoid underarm shaving or waxing.
- Do not expose the treatment area to extreme hot or cold as it is now more sensitive.
- Keep the treatment area covered from direct sunlight and wear the highest factor sun-cream following radiotherapy as your skin is now more sun sensitive.
- If your skin starts to become red or itchy avoid swimming as the chlorine may irritate your skin.
- Find the attached Camomile tea leaflet which is helpful to alleviate skin irritation.

#### **Tiredness**

- You will become tired during and after you course of treatment.
- Know your limits and do not exceed them. Rest when you need to and get at least 8 hours sleep each night.
- Drink at least 2 litres of water daily and maintain a healthy balanced diet.

#### **Pregnancy Status (if applicable)**

- It is very important that you do not become pregnant during the course of your radiotherapy.
- You will need to use contraception while you are on treatment if you are of child-bearing age and if you are sexually active. Your hospital or family doctor can give you advice on contraception, family planning or Well Woman Clinics will also advise you.

- If you think you may be pregnant please inform the Radiation Therapist or Consultant as soon as possible.

### **Arm Mobility**

- Continue to exercise your arm during and after radiotherapy to allow for greater mobility.
- There is an exercise sheet available if required.