



ENT RADIOTHERAPY (EAR, NOSE AND THROAT AREA)

RECOMMENDATIONS FOR THE DOSIMETRIC SCAN AND FOR EACH SESSION

- **Remove any false teeth or other dental prosthesis before each radiotherapy session and also the day of the dosimetric scan**

ADVICE FOR YOUR TREATMENT

- Skin Hygiene
 - You are advised to wash in plain water, avoiding very hot water and using a using a soft fatty soap (“surgras”) (not classic soaps as they are too irritant) every day.
 - Do not take a bath during your treatment, only showers.
 - We recommend you to pat yourself dry so as not to intensify the irritation of your skin..
 - In addition to this, it is not advisable, during your treatment and for a few weeks after it ends, to shave or use any kind of hair remover or apply make-up on the area to be treated.
- Mouth Hygiene
 - Use the mouthwashes prescribed by your radiotherapist from the very first session onwards (at least 3 times a day) and even at weekends.
 - It is recommended that you use a very soft toothbrush when cleaning your teeth.
 - Do not use toothpicks
 - As soon as you can, put in your fluoride for 5 to 10 minutes per day (before you clean your teeth, for instance) and do this for at least 6 months. If during your radiotherapy treatment it is no longer possible to wear the gutters, do not hesitate to stop doing so and your radiotherapist will tell you when you need to start putting them in again.
 - Clean your false teeth regularly with a brush and water, and take them out at night (or if you get strong local reactions to them).
- With regard to clothing
 - Avoid wearing tight fitting clothes
 - Cotton clothing is best



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- With regard to your diet
 - Eat rich foods, and eat between meals so as to keep your weight up.
 - Drink plentifully, i.e one to one and a half litres of water per day.
 - Avoid drinking alcoholic drinks.
 - Avoid spicy food and condiments, raw fruit and tomatoes (acidic) and food and drinks that are too hot.
 - If you have difficulty chewing or swallowing your food, you need to whizz the food in a mixer, have more to drink when eating, and use fatty foods (fresh cream, butter and eggs etc) .
 - Check your weight at least once a week:
 - **Tell us if you lose weight; your radiotherapist will decide with you whether you need food supplements or suitable treatments prescribed for you.**
- Reduce your cigarette smoking or even better, stop smoking; your radiotherapist can refer you to a specialist doctor if you wish. .

PRÉCAUTIONS TO TAKE TO PROTECT YOUR SKIN

- Do not take baths
- Do not expose the treated area to the sun
- Avoid repetitive movements to avoid rubbing

- **Apply the cream (prescribed by your radiotherapist) from the very first radiotherapy session onwards (as soon as you return home after the session) and even at weekends**

BUT YOU MUST NOT PUT CREAM ON THE TREATED AREA BEFORE THE SESSION !!!

POTENTIAL SIDE EFFECTS OF RADIO THERAPY

These are foreseeable but do not necessarily arise as each case is unique and each individual reacts differently. However some side effects are fairly common, and are checked up on by the radiotherapist and the care team.

This English version translated by **Cancer Support Haute-Vienne HELPLINE 06 04 43 39 87**



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- **Your skin :**

May become red rouge (“épidermite”) or even inflamed in the area being treated after 2 to 3 weeks of treatment.

→ If your skin is damaged, see your radiotherapist without delay so he can prescribe an appropriate cream for you.

- **Irritation of your soft tissue (“mucite”):**

The soft tissue in your mouth and throat may become red, with little white spots, like mouth ulcers, about 2 to 3 weeks after treatment begins, and your mouth will go back to normal in the month or two following the end of treatment. The discomfort feels exactly like angina.

- **Dysphonia:**

Irritation of your vocal chords may cause a temporary change to your voice (3 – 6 weeks)

- **Your sense of taste may diminish or change:**

Partial or complete, this may begin after a few radiotherapy sessions, and generally goes back to normal between one and four months after treatment finishes.

- **Dry mouth:**

Irradiation of your salivary glands, almost inevitable, may bring about a change to your saliva (more rarely) with the appearance of thicker saliva after a few days of treatment. This can be quite long-lived.

- **Tiredness:**

It is not in any way a sign that your illness is getting worse, nor does it always occur. It may be caused by the daily repetition of the treatment and be due to the constraints of daily travel to the treatment centre. In some instances it is a result of surgery or chemotherapy (if you have received these).

Do not hesitate to talk about these things to the care team and the radiotherapist at appointments or at your own instigation.

YOU MUST NEVER INTERRUPT YOUR TREATMENT AITHOUT THE ADVICE OF YOUR RADIO THERAPIST