



Information for You from Your Health Care Team

Radiation Therapy to the Brain

About 2 weeks after your first treatment, you may notice that you will begin to lose your hair. You may decide to have your hair cut short prior to starting radiation therapy and purchase a wig. Hair may or may not grow back. The following instructions will help you care for this area and decrease the effects of radiation.

Skin Care

- For the first 2 weeks of treatment, you may wash your hair once a week with Johnson's® baby shampoo. After the first 2 weeks, wash hair and scalp with warm water only. Pat dry with a soft towel. Do not use a hair dryer.
- Do not wash off the colored marks. These outline the area to be treated and must remain in place until the treatments are completed. If the marks do come off, do not attempt to redraw them.
- If your scalp begins to look tanned or red or becomes dry and flaky, notify your nurse or doctor. This is a short-term reaction. A prescription cream may be ordered. Do not use home remedies.
- During your treatment a scarf or hat should be worn to protect your scalp from sun or cold. We suggest that during treatment you only wear your wig for 2 to 3 hours a day. About 1 month after your treatment is done; you may wear your wig as much as you like.
- Expose the treated area to the air as much as possible. Stay away from very hot or cold temperatures and direct sun.
- Avoid swimming during the course of treatment.
- After treatment is completed, we advise that you do not go swimming or expose the scalp to the sun for 1 month. When you return for your 1-month checkup this will be discussed.

Medicine

- While you are receiving treatment, you may be taking a medicine called dexamethasone (Decadron). This medicine decreases the swelling caused by the tumor.

- Decadron may cause an increase in appetite and urination, swelling, leg cramps, and mood changes. These are expected and short-term side effects of the drug, but should be reported to your nurse or doctor.
- During your treatment the amount of Decadron will be decreased using a written schedule Do not decrease this medicine without be your doctor or nurse's instruction

Speak up if you have any questions or concerns