



---

## *Information for You from Your Health Care Team*

### **Radiation Therapy to the Breast**

About 2 to 3 weeks after your first treatment, you may notice skin changes of your chest. These changes are a part of your therapy and are short-term. The following instructions will help you care for these areas and decrease the effects of radiation.

#### **Skin Care**

- Do not remove the colored marks from your skin. These outline the area to be treated and must remain in place until treatments are completed. Wash with lukewarm water only and pat dry. Do not scrub.
- Avoid all soaps, lotions, ointments, cosmetics, and perfumed powders on the treatment area.
- Do not shave or use deodorant under the arm on the side being treated. You may dust the area with Johnson's® Baby Powder or cornstarch.
- Do not use heating pads or ice bags on the treatment area.
- Keep the treated area out of the sun.
- Wear a loose-fitting bra with no underwire or boning. Check with your doctor about wearing your prosthesis.
- Skin changes such as redness, dryness, peeling, and tanning can happen. Itching and dryness may occur. Do not scratch your skin. Please report any break in the skin to the doctor or nurse.

#### **Exercise**

- Continue to exercise with post-mastectomy exercises.

#### **Diet**

- Enough caloric and protein intake is a very important part of your therapy in order that you maintain your weight and benefit most from your treatment. You may notice a "lump in your throat", "heartburn", or trouble swallowing after 2 to 3 weeks of treatments. Mention this to your technologist or nurse. This is an expected part of your treatment and will go away after your treatments are done.
- You are encouraged to discuss any problems concerning side effects, diet, or any other aspect of your therapy with your doctor or nurse.