

Easy read

How you feel after radiotherapy

What are side effects?



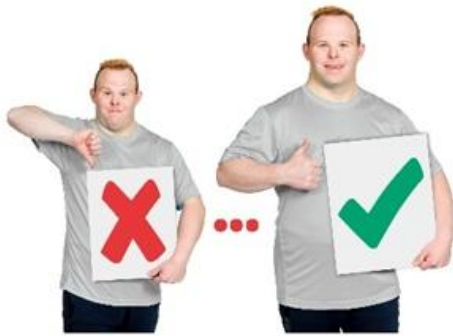
Radiotherapy is a way of treating cancer.



Your body might feel different after your radiotherapy treatment.

The feelings in your body are called **side effects**.

Not everyone has the same side effects.



This leaflet tells you about side effects that you might have. It also tells you how you can make them better.



Please tell us if you notice any changes in your body.



It is important to tell us if you are uncomfortable or in pain.



We can help you.

Sore skin



Sometimes, radiotherapy treatment can make your skin dry and itchy.



You need to use a moisturiser on the areas of skin where you had radiotherapy.



When you wash, only use warm water and your usual soap or shower gel.



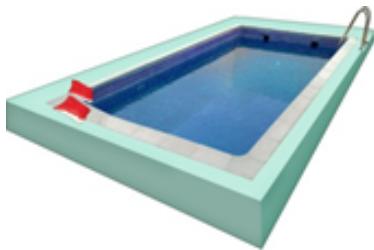
Pat your skin dry with a soft towel and do not rub.



If you need to shave the area where you had radiotherapy, use an electric shaver.



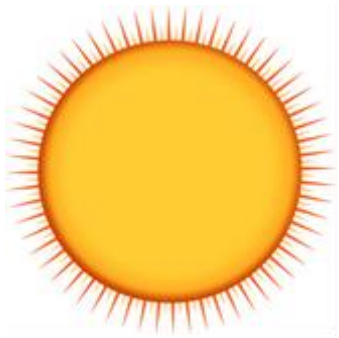
Do not use a razor.



You can keep swimming during radiotherapy but need to stop if your skin is sore.



Do not use a sauna. Using a sauna or swimming pool can make your skin even more sore.



Radiotherapy makes your skin sensitive.

Your skin might become sore if the sun shines on it or the wind blows on it.



You need to cover the areas of skin that have been treated.



Your clothes can rub against your skin and make it sore.

Wear loose clothes to keep comfortable.

Other side effects



Radiotherapy can sometimes make you lose your hair.

We can tell you about getting a wig if you need one.



Radiotherapy can make you feel tired. This is common.



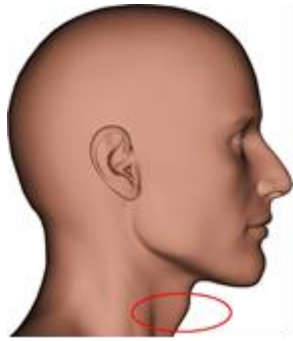
If you feel tired, it is a good idea to rest when you can.



Radiotherapy can sometimes make you go to the toilet more often.



You might need to change what you eat. We can tell you about this.



Radiotherapy can sometimes make your throat sore.



It helps to eat soft food.



Do not eat food that is hot or spicy.

After your radiotherapy has finished



Your side effects might get worse for 2 weeks after the radiotherapy treatment has finished. This is common.



You need to see a doctor a few weeks after your radiotherapy ends.



We tell you how to make an appointment to see a doctor.



For 1 year after your radiotherapy, cover your skin from the sun or use sun cream.



Keep using moisturiser if your skin is sore.



We tell you if you need a nurse to look at your skin.



When your skin is better, you can try washing as usual.



Please tell us if you are worried about anything.

Talking to other people can help.



The Dimbleby Cancer Care team can give you information and support.

Phone 020 7188 5918

Speak to someone



If you are worried or have questions, you can speak to someone in the radiotherapy department.



Call us on 020 7188 3160



If you feel unwell in the evening or at the weekend, call 020 7188 3754



Email
askradiotherapy@gstt.nhs.uk

Other organisations

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|  | <p>Mencap gives support and advice to people with learning disabilities and their families and carers.</p> <p>Phone 0808 808 1111</p> <p>Email helpline@mencap.org.uk</p> |
|  | <p>Hft is a national charity that supports people with learning disabilities and their families.</p> <p>Phone 020 8447 0541</p> <p>Email hftlondon@hft.org.uk</p> |
|  | <p>Macmillan Cancer Support gives information, support and advice for people with cancer and their families and carers.</p> <p>Phone 0808 808 0000</p> |

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A list of sources is available on request



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