

# Caring for Yourself after Radiation Therapy

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Return to your primary care physician (PCP) for general healthcare needs. If you have provided your radiation oncologist with your PCP's information, then they will receive a report about your treatment.

**Side Effects:** These may increase for the next 1-2 weeks before gradually starting to improve. The booklet **Radiation Therapy and You** has tips and advice on coping with different side-effects. To read the booklet online go to:

<http://www.cancer.gov/cancertopics/coping/radiation-therapy-and-you>

Please call us if you need any help managing the side effects from your radiation treatment. Side effects may include but are not limited to:

**Skin Irritation:** Continue skin care as instructed until your skin has healed. Radiation treatment can make the skin in the treatment area more sensitive to sunlight. Avoid too much sun exposure and/or tanning beds. Use sunscreen SPF of 30 or higher when in direct sun.

**Fatigue:** It may take several weeks to months before your energy level will return to what it was before treatment. Continue to get enough rest, nutrition and fluid intake. Exercise as tolerated.

## **Medications:**

- If you are taking **narcotic pain medications**, do not stop taking them suddenly without asking your doctor. You may need to slowly decrease your dose before stopping it completely.
- If you are taking **steroid medications**, do not stop taking them suddenly without asking your doctor. You may need to slowly decrease your dose before stopping it completely.

**Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.**

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**Last Revised 6/16/2011**