Head and Neck Radiation
Mid-Treatment Reminders

1. Oral/Mouth Care—Radiation of the head and neck can cause mouth sores and dry mouth.

◊ **Salt and soda mouth rinses.** Rinse your mouth many times a day with a rinse of 1/4 teaspoon of baking soda and 1/4 teaspoon of salt in 1 cup of warm water. Then rinse your mouth with plain water.

◊ **MuGard® rinses.** Rinse with 5 ml of MuGard® every 6 hours. Do not eat or drink anything for 1 hour after you have rinsed with MuGard®.

◊ **Biotene® products.** Biotene® products can provide relief to your dry mouth symptoms. Biotene® makes a: toothpaste, mouth rinse, spray, and a gel. Check with your doctor or nurse to see which product is best for you.

2. Skin Care—Radiation therapy can cause skin changes in the treatment area. Gently clean and dry the skin area before radiation. Do not put anything on your skin 4 hours before your treatment. After your treatment, apply lotion or ointment as directed by your doctor.

If your doctor prescribes Domeboro®, follow these directions:

◊ Mix one packet a day in 16 ounces of lukewarm or cool water. You will need to make a new solution every day; however you can divide the solution so that you have two or three separate solutions.

◊ Saturate a clean gauze or washcloth in the solution and apply it to affected area for 20 minutes, 2-3 times a day.
Skin Care—continued

Domeboro® directions continued:

◊ Throw away the solution after every use. Allow skin to air dry and then apply skin
products as directed.

If your doctor prescribes Silvadene®, follow these directions:

◊ Wash your hands before and after using the cream, the silver can stain your hands
and clothes.

◊ Clean off any dead skin or scabbing from the burn wound.

◊ Spread a very thin layer of the cream over the wound, the areas that are moist and
seeping or are look like they may be infected.

◊ Cover the wound with a bandage, as, or if directed.

◊ Keep the wound area clean at all times.

3. Nutrition—If your mouth is sore, watch what you eat and drink. Choose foods that
are good for you and easy to chew and swallow.

◊ Take small bites of food, chew slowly, and sip liquids with your meals.

◊ Eat moist, soft foods such as cooked cereals, mashed potatoes, and scrambled eggs.

◊ If you have trouble swallowing, soften your food with gravy, sauces, broth, yogurt, or
other liquids.

◊ Eat foods that is warm or at room temperature.

Department of Radiation Oncology
4. **Drink A Lot of Water**— It is important that you drink enough water every day to keep yourself hydrated. Based on your weight and overall health, your doctor wants you to drink this much water every day: ________________________________.

5. **Managing Your Pain**— You may have pain to the radiated area. Using the scale below, rate your level of pain.

<table>
<thead>
<tr>
<th>No Pain</th>
<th>Moderate Pain</th>
<th>Worst Pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>2</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>4</td>
<td>8</td>
<td>10</td>
</tr>
</tbody>
</table>

Medication to use for pain: ________________________________

Who should I call if I have questions?

On weekdays, Monday thru Friday, 8:00 am to 5:00 pm, contact the Radiation Oncology Department at (734) 936-4300.

On weekends, holidays or after 5:00 pm on weekdays, contact the paging operator at (734) 936-6267. Ask to have the On-Call Radiation Oncology Resident paged.