

# Head and Neck Radiation Mid-Treatment Reminders

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**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:

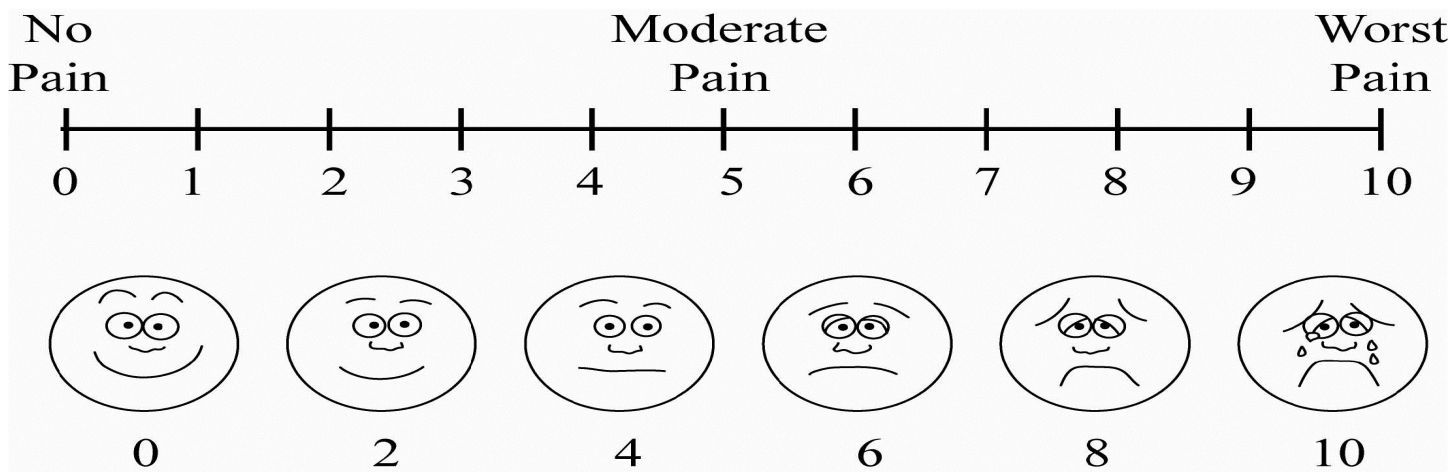
- ◇ Wash your hands before and after using the cream, the silver can stain your hands and clothes.
- ◇ Clean off any dead skin or scabbing from the burn wound.
- ◇ Spread a very thin layer of the cream over the wound, the areas that are moist and seeping or are look like they may be infected.
- ◇ Cover 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.

**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.



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.

**Notes:**

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