

# Follow-up appointment & skincare advice after finishing Radiation Treatment to breast

After your treatment has finished the radiation keeps working in your body. This means that your skin reaction will probably carry on getting worse for up to 14 days after your treatment has finished.

**If you live in the Wellington area** an appointment has been booked for you with a radiation therapist. You only need to attend this appointment if you are worried about your skin reaction or you have any questions after treatment has finished.

**Your appointment with a Radiation Therapist is:**

Please phone the department to let us know if you are not going to attend on (04) 806 2000.

**If you live outside the Wellington area** you will receive a phone call from the radiation therapist approximately 14 days after you finish your treatment.

**Who should I contact if I am worried after I finish Treatment?**

It is important you know who to contact if you have any concerns after treatment.

**For a symptom related to your treatment**, like a skin reaction, phone (04) 806 2000 and ask to speak to the Review Radiation Therapist. Or you can call your Community oncology Nurse.

If it is after hours and/or an emergency then please phone ward 5 north (04) 806 0418 or go to the nearest Emergency department. Take this with you

**For a symptom not related to your treatment** and not an emergency your GP. This is the best person to contact as they know your whole medical history.

**When will I see my Radiation Oncologist or their Registrar (Doctor)?**

Your next appointment with a doctor will probably be your follow-up appointment. This is usually 6-8 weeks after your treatment finishes. Not everyone has a follow up with their Radiation Oncologist. If you are followed up by another department for example your surgeon they will still be able to talk to your Radiation Oncologist about side effects and care if needed.

If your follow up appointment is not at Wellington Hospital, Paraparaumu or Keneperu you should receive a letter in the post with your appointment. If you have not received the letter within two weeks of finishing please call the outpatients department of your local hospital.

**How do I look after my skin after Treatment?**

Please continue to follow the skincare advice given to you during your treatment. If you are using Mepitel you will need to keep this on until either, it comes off of its own accord or 14 days after it was applied whichever is earlier.

Sometimes after you have finished treatment your skin can breakdown. This looks like the inside of a blister. If your skin breaks down after treatment then please contact the Radiation Treatment Department so we can arrange for a District Nurse to see you.

**Please do not let anyone put dressings that stick to your skin in the area we have treated.**

You can start to use other products on your skin once the treatment reaction has stopped. This can take four weeks to fully settle down.

Please make sure you apply sun screen SPF 30+ to

[continued]

the area that has been treated if you are going out in the sun.

### **How might I feel after treatment?**

There are many different emotions people can feel after radiation treatment. Some people are excited, relieved and want to celebrate. Others can feel scared, anxious, and/or alone. It is normal to feel any of these emotions. In the information sheet we have given you there is a section about emotions. It can be helpful to have some extra support at this time.

### **What supports are available after Radiation Treatment?**

Please ask at your follow up appointment if you would like a referral to any of these services:

Lymphoedema Services

Breast Prosthesis

Cancer Society

Massage

Counselling (General / for relationship and sexual issues)

Social work

Support groups

Look Good Feel Better

Fit for Life

Chaplains

Pacific Health

Whanau Care Service

## **Contact us**

**Radiation Treatment Department**

**Level 2**

**Wellington Blood & Cancer Centre**

**Wellington Regional Hospital**

**Phone: (04) 806 2000**

**Hours: 8am-4.30pm, Monday to Friday**

### **Urgent After Hours Advice:**

5 North Ward oncology nurses are available for urgent after hours advice related to your treatment. This is after 4.30 and on weekends.

**Phone: (04) 806 0418**