

Radiotherapy treatment of the breast

Side effects

The side effects mentioned may appear from the 2nd week of treatment but are not systematic.

- Redness of the skin (sunburn effect).
- Breast edema.
- Increased sensitivity to touch.
- +/- tingling, itching

In case of irradiation of the lymph nodes:

- Pain or discomfort when swallowing (similar to angina).

Precautions to take



- × Apply the moisturizing cream prescribed by the radiotherapist after each session, several times a day including weekends.





- × Take a daily shower with a superfatted soap (without perfume).
- × Wash with bare hands.



- × Rinse thoroughly.
- × Dry gently by dabbing with the towel.



- ×  Prefer cotton bralettes, without underwire.
- ×  As well as loose clothing to limit friction.

To avoid



- × Do not use perfume, deodorant or cosmetics on the treated area.
- × No shaving or hair removal in the armpit on the treated side.
- × Avoid prolonged bathing in the sea and swimming pool, hot baths and saunas.
- × Do not expose the treated area to the sun.

As soon as an unexplained side effect appears, talk to the radiographers or your radiotherapist.

Apply all these recommendations from the first radiotherapy session and for 3 weeks after the last session.