



Radiotherapy treatment to the neck

During the screening scan, a personalized mask will be made on your face to help you maintain position during treatment.

Side effects

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

- Redness of the skin.
- Pain or discomfort when swallowing (similar to angina).
- Decrease in saliva, appearance of canker sores and other mycoses.
- Decrease and/or modification of taste.
- Possible voice modification.

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 rich soap (without perfume).
- ✕ Wash with bare hands, rinse thoroughly and dry gently by dabbing with the towel.
- ✕ Shaving with an electric razor only.

- ✕ Good oral hygiene is essential. Make 6 to 8 mouthwashes per day.
- ✕ Drink water regularly to keep the mouth moist.
- ✕ Avoid aggressive foods (spices, mustard, bread crust), and acidic foods (vinaigrette, citrus fruits, tomatoes, pickles, etc.).
- ✕ Favor a fragmented diet, chew well, avoid large bites.

To avoid

- ✕ Avoid the consumption of alcohol and tobacco.
- ✕ Do not use perfume, deodorant or cosmetics on the treated area.
- ✕ No tight collar at the neck.
- ✕ No manual shaving.
- ✕ Do not expose the treated area to the sun.
- ✕ Do not put adhesive on the treated area.

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

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