



Radiotherapy treatment of the thorax

Side effects

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

Respiratory effects:

- Cough, expectoration with possible traces of blood.
- Shortness of breath.

Digestive effects:

- Irritation of the esophagus with difficulty swallowing.
- Possible nausea.

• Skin effects :

- Irritation (redness) of the irradiated area

Precautions to take

- ✗ Avoid drinks that are too hot or too cold which can cause pain.
- ✗ Avoid aggressive foods (spices, mustard, dry bread, bread crust, etc.) and acidic foods (vinegar, citrus fruits, tomatoes, pickles, etc.).
- ✗ Make small meals that are easy to swallow, take small bites, chew well.
- ✗ Apply moisturizing cream to the treated area several times a day, after the session.
- ✗ Avoid perfume and deodorant on the treated area.
- ✗ Avoid exposure to the sun of the treated area.

For your comfort

- ✗ Take a daily shower with a superfatted soap (without perfume).
- ✗ Avoid the consumption of tobacco and alcohol.

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.