

Your Self-care Schedule

Your guide to head and neck radiation therapy

= Start this self-care task on the 1st day of your treatment.

<u>Oral Care</u>	
<input checked="" type="checkbox"/> Brush teeth with soft brush and gentle paste after meals and at bedtime, or as tolerated. Floss gently once a day.	<ul style="list-style-type: none"> Suggest: Biotene toothpaste
<input checked="" type="checkbox"/> Do salt and soda swishes at least 8 times a day, after meals and at bedtime.	<p>Recipe:</p> <ul style="list-style-type: none"> Mix ½ tsp salt, ½ tsp baking soda, and 2 cups (16 ounces) warm water. It is easiest to double the recipe and keep it in a water bottle to use all day. You may use a little less salt if your mouth is sensitive.
Fluoride dental trays	<ul style="list-style-type: none"> If your dentist has provided them, use them as instructed.
For thick saliva	<ul style="list-style-type: none"> Club soda or papaya juice.
For dry mouth	<ul style="list-style-type: none"> Xylimelt lozenges, Biotene Dry Mouth (spray, gel, or rinse).
<u>Skin Care</u>	
Washing	<ul style="list-style-type: none"> Wash skin daily with lukewarm water and gentle, fragrance-free, pH balanced soap (such as Dove® or Cetaphil®). Lather your fingers with soap and water to keep skin slippery. Do not use washcloths or abrasive materials. Pat dry with a soft towel and do not rub your skin. <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Apply Skintegritty to the treated skin area 3 times a day. Keep a thin layer of moisturizer on the treated skin throughout the day.

Sun Exposure	<p>During radiation:</p> <ul style="list-style-type: none"> • Avoid sun exposure and wear protective clothing when you are outside. • Do not wear sunscreen. <p>After radiation:</p> <ul style="list-style-type: none"> • Your skin is at a higher risk of sunburn. • Every time you go outside, apply SPF 50+ sunscreen to the areas where you had radiation.
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Nutrition and Hydration	
<input checked="" type="checkbox"/> Drink 10 to 12 cups (80 to 96 ounces) of fluid every day	You must swallow at least 10 sips of fluid, 10 times a day.
<input checked="" type="checkbox"/> Make sure you eat enough to avoid losing weight	There is no specific diet for cancer. Visit www.cancer.gov/publications/patient-education/eatinghints.pdf for recommendations.
Remember: “Food is fuel”	You will meet with the dietitian on a weekly basis. They will work with you to help make sure you meet your calorie and protein goals during treatment.

Constipation	
Senna	You can buy Senna without a prescription at your local drugstore. Take Senna 1 to 2 times a day. Do not take more than 4 tablets in one day.
MiraLax	You can buy MiraLax without a prescription at your local drugstore. Follow directions on the label.
For severe constipation:	<ol style="list-style-type: none"> 1. Glycerin suppositories or Fleets Enema: You can buy these without a prescription at your local drugstore. Follow directions on the label. 2. Call clinic if the treatments above do not work, or if you have questions.

Grade	Grade 0	Grade 1	Grade 2	Grade 3
NCI CTCAE V5.0 Dermatitis Radiation	No changes in Skin	Faint <i>erythema</i> (skin redness) or dry <i>desquamation</i> (peeling skin)	Moderate to brisk erythema. Patchy, moist desquamation, mostly in skin folds and creases. Moderate <i>edema</i> (swelling).	Moist desquamation in areas other than skin folds and creases. Bleeding caused by minor trauma or <i>abrasion</i> (scrape or scratch).
Imaging Examples	N/A			