



**Common side effects and coping approaches**

Side effects vary from person to person so you might not have all the side effects mentioned

| Side effect  | Coping approaches   |
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| Skin problems<br>Dryness, itchiness,<br>redness, darkening                       | <ul style="list-style-type: none"> <li>Wash the treatment area gently with lukewarm water then pad dry with clean soft cloth</li> <li>Avoid using soap or body wash</li> <li>Do not applying skin care products, perfumes and deodorants on treatment area unless instructed by doctor</li> </ul>   |
| Severe skin problems<br>(Rare)<br>Liquid oozing and<br>breakdown of skin         | <ul style="list-style-type: none"> <li>Do not rub, scratch and scrub the skin</li> <li>Avoid using heat and cooling packs on the treatment area</li> <li>Do not apply tapes or dressings on skin unless instructed by doctor or radiotherapist</li> <li>Wear soft and loosely fitting cotton clothing. Try to wear wireless bra top to reduce rubbing against the skin</li> <li>Avoid swimming, spa and sauna</li> <li>Bring an umbrella with you if sun exposure could not be avoided</li> </ul> |
| Swelling of breast or chest<br>(Lymphoedema)<br>Stiffness of arm and<br>shoulder | <ul style="list-style-type: none"> <li>Exercise and stretching of the arms</li> <li>Avoid lifting heavy objects with your arm on affected side</li> </ul>   |
| Tiredness and fatigue  | <ul style="list-style-type: none"> <li>Get enough rest and sleep</li> <li>Light to moderate exercise can make you feel better but do not overdo it</li> <li>Drink more water and take a balanced diet</li> </ul>  |

**Points for attention**

- Radiotherapy can cause teratogenicity. Therefore, both male and female patients should take contraceptive measures during radiotherapy
- Radiotherapy may affect the function of your pacemaker. Please inform our staff if you have a cardiac pacemaker
- Please inform doctor and radiotherapists if you have undergone radiotherapy. Additional radiation treatment to previous treatment site might cause severe complications.
- Consult doctor or radiotherapists for any illness or severe skin reaction such as liquid oozing and breakdown of skin
- The skin reaction will gradually subside 2-3 weeks after the treatment. During this period, you should continue the above skin care procedures

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| <p><b>Patient's Label</b><br/>                 Patient Name: _____<br/>                 Hospital No: _____<br/>                 Episode No: _____</p> |
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## Radiotherapy Treatment for Breast Cancer

### Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

### Reference

HA Smart Patients

<https://www21.ha.org.hk/smartpatient/SPW/en-us/Disease-Information/Disease/?guid=3811ed4c-10bc-43f3-bfcc-e8ea8d747619>

Cancer Research UK

<https://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/radiotherapy/side-effects>

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| <p><b>Patient's Label</b><br/>         Patient Name: _____<br/>         Hospital No: _____<br/>         Episode No: _____</p> |
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Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_