

Your Health Matters 您的健康十分重要

Discharge Instructions for Head and Neck Radiation Therapy

頭頸放射治療的出院指引

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<p><u>If you have natural teeth, you must protect them.</u></p> <ul style="list-style-type: none">• Dental cleanings every 3–4 months are highly recommended.• No extractions or exposed-jaw surgeries should be performed under any circumstances, unless specifically approved by your radiation oncologist.• Use 1.1% neutral sodium fluoride gel on your teeth. An alternative is to use nighttime fluoride trays. These require a doctor's prescription.• You should floss daily or use a WaterPik®.• Do not take bisphosphonates (medication to treat osteoporosis). This requires discussion with your radiation oncologist. <p><u>Keep your mouth moist and clean.</u></p> <p>This is important to avoid infection and maintain healthy mouth linings and gums.</p> <ul style="list-style-type: none">• Ask your radiation oncologist for recommendations for mouth rinses, saliva substitutes, saliva medications, and mouth lubricating agents.• Carry water with you if your mouth gets dry easily.• Whenever you eat or drink something, try to rinse your mouth or brush your teeth right after.• If your mucus becomes thick, try a spray	<p><u>您要好好保護您天生的牙齒</u></p> <ul style="list-style-type: none">• 建議最好每隔3–4個月洗牙一次• 除非得到放射治療腫瘤醫生批准，否則不可做拔牙及暴露下顎的手術• 用含中性1.1%的氟化鈉凝膠塗在牙齒上。或另一種方法是使用夜間氟托盤。這些都需要醫生的處方。• 您應每天使用牙線或用電的 WaterPik® 水力牙線• 如需服用骨質疏鬆症藥物，請先諮詢你的放射治療腫瘤醫生 <p><u>保持您的口腔濕潤及清潔</u></p> <p>避免細菌感染和保持口腔和牙齦的健康是很重要的。</p> <ul style="list-style-type: none">• 諮詢您的放射腫瘤醫生，選用合適的漱口藥水、唾液替代品、增加唾液藥物，以及口部潤滑劑• 如您容易口乾，可帶備清水外出• 飲食後立即漱口或刷牙

bottle or squeeze bottle to gently dislodge the mucus.

- Warm (not hot) steam inhalations over the sink with a towel over your head can help loosen mucus.
- A humidifier can be used at night. Cold-air humidifiers are less prone to harboring bacteria. Any humidifier must be cleaned and replaced frequently.

If you had surgery or radiation to your nose or sinuses:

- Maintain cleanliness by doing multiple daily rinses with a sinus irrigator (Neti-Pot is one popular option).
- You may also try a spray bottle or submerging your face in clean water to loosen secretions.
- If you develop an infectious odor, increase rinsing but add more kosher salt (nonirritating) to the solution.
- If your eyes have a tendency to become dry, ask for recommendations for moisturizing drops or lubricants.

Protect your skin to keep it soft and avoid skin cancer.

- SPF 25 or higher lotion is recommended daily to all areas of your scalp, face, and neck.
- Wear a hat whenever you go outside.
- Use high quality lotions on your face and neck as much as possible.
- Avoid aggressive shaving which can injure your skin.
- In general, plastic surgery should not be undertaken without discussing the risks with your radiation oncologist.

- 如您口腔的黏液變稠，可用噴霧水或擠壓瓶的水去清除
- 用毛巾蓋在你的頭上，再在水槽上吸入暖(不熱)的蒸汽有助減少黏液分泌
- 晚上可使用加濕機，冷氣的加濕機能減低細菌滋生的機會。緊記加濕機必須要經常清潔及更換

如您的鼻或鼻竇曾接受手術或放射治療：

- 每天多次用鼻竇沖洗器漂洗以保持清潔 (Neti-Pot 是其中一個熱門的選擇)
- 您可使用噴霧瓶或把臉浸於清水中以鬆化分泌物
- 如您感受到一種受了感染性的氣味，可在水中加入猶太鹽（無刺激性）以多洗幾次
- 如您有眼乾問題，可諮詢得到一些適合用於鼻部的保濕滴或潤滑劑的建議

保持皮膚柔軟及預防皮膚癌

- 每天需在頭皮，臉和頸使用SPF25或以上的防曬乳
- 凡外出時要戴帽
- 用大量高質素的潤膚乳塗在臉和頸上，越多越好
- 避免過度剃鬚，那會令皮膚受損
- 一般情況下，不應該在沒有與你的放射治療腫瘤醫生討論風險前做任何整容手術

You must perform stretching exercises to prevent scarring and to keep your range of motion.

- Recommended exercises include: neck side stretches and rotations, shoulder stretches back and forward, and especially, wide mouth opening.
- Perform as often as possible, preferably 15-20 stretches for each area several times per day.
- Stacked tongue depressors can be used to stretch the mouth and jaw or consider purchasing a TheraBite® (a jaw exercising device).
- Physical therapy may be needed.

If you experience fluid buildup in your face or neck:

- Elevating the affected area during the day and at nighttime will help.
- Massaging the area will help.
- Stretching the neck will help (see above).
- Avoiding any cuts or trauma to the area as it will worsen the buildup.
- You can ask about referral to a lymphedema or physical therapy clinic to provide therapy.

Diet and Fluids

- Focus on eating healthy foods and maintaining your weight.
- Drink plenty of fluids.
- Avoid sugary foods and drinks.
- Avoid carbonated sodas, caffeinated drinks and other fluids that will irritate your mouth.
- Alcohol should be taken sparingly, if at all.

必須做舒展運動以預防結疤及保持活動能力

- 建議做的運動包括：頸部舒展，肩膀前展和後展，最重要是張大嘴巴
- 最好經常做，每天各部分每次伸展15-20下，重覆數次
- 堆疊的壓舌板條可伸展口肌及顎，可考慮購買TheraBite (運動顎骨的工具)
- 可能需要做物理治療

如果你的面部或頸部出現積水：

- 一早一晚都抬高該部位
- 按摩該部位
- 伸展頸部(如前所示)
- 避免切到或弄傷該部位，因為這會令到積水惡化。
- 您可要求轉介往淋巴水腫或物理治療的診所

飲食

- 進食營養豐富的食物及維持體重
- 飲大量流質液體
- 避免甜的食物及飲品
- 避免飲汽水，含咖啡因的飲料和其他會刺激到你口腔的液體。
- 遠離酒精

Absolutely do not smoke and do not spend time around smoke or inhaled irritants of any kind.

Frequent follow up is recommended for at least 5 years, then less frequently over your lifetime.

- In the first two years, you should have an examination every few months. You will be followed by your radiation oncology doctor as well as other doctors. Typically, about three months following treatment, a new baseline imaging study (MRI, CT scan or PET/CT scan) will be ordered. These will be repeated every 6–12 months.
- You should have a chest x-ray and thyroid testing every year for 5 years.
- In years 3–5, you should have a complete examination every several months, with imaging as ordered by your doctor.
- After year 5, a yearly examination is recommended, with imaging as needed.
- You should have regular cancer surveillance studies as indicated for your age, including routine mammogram, colonoscopy, and prostate tests.
- You should establish a good relationship with a primary care doctor who can work with your oncology team to follow you.

Stay positive and psychologically healthy.

- Try to exercise a little at least every couple of days.
- Sleep well.
- Enjoy time with your family and friends.

絕對不可以吸煙和不要停留在有煙霧的範圍或任何有吸入式刺激物的地方。

建議至少在五年之內經常做檢查，之後在你的一生中便可逐漸減少次數

- 在頭兩年每隔數月便需覆診及檢查，你會有放射治療醫生及其他醫生跟進。一般而言，治療三個月後會有一個新的基線影像評估（磁力共振，電腦掃瞄或PET/CT掃瞄），每6-12個月重複這些評估
- 在五年內每年做一次胸腔X光及甲狀腺檢查
- 在第三至第五年之間，你需跟據醫生指示，每數個月做一次全身檢查，也可能會做影像評估。
- 第五年後應每年檢查一次，也可能需要做影像評估。
- 根據你的年紀進行應做的檢查，如乳房X光檢查，結腸鏡檢查，前列腺檢查
- 你應與家庭醫生建立一個良好的關係，待他可以與您的腫瘤團隊一起跟進你的健康

保持積極的態度和心境開朗

- 最少每隔天做輕量運動
- 有充足的睡眠
- 享受和家人朋友相處的時刻