

Before Head and Neck Radiation Treatment Begins

Members of your healthcare team will support you and your family throughout your treatment. It is important to ask questions and report any changes to your health when you come for your daily treatments.

Your radiation healthcare team:

- Radiation Oncologist
- Radiation Therapy Nurses
- Radiation Therapists
- Dietitian

You may see other members of our healthcare team:

- Medical Oncologist
- Spiritual Care
- Nurse Practitioner
- Speech Language Pathologist
- Social Worker
- Patient Navigator
- Dentist

Markings Appointment (will take about an hour):

- No radiation treatment at this appointment.
- A mask will be made that will cover your head and maybe your neck and shoulders.
- You may also have a mouthbite made.
- A CT scan is done. It is important to stay still during the scan and breathe normally.
- Permanent markings (tattoos) may be given. These will not wash off.
- If you do not like closed spaces (e.g., claustrophobia), please tell the staff so that we can help you.
- If you have a beard and/or moustache, you may have to shave before this markings appointment.

Frequently asked Questions

When will I get the date for the markings appointment?

You can expect a phone call with an appointment a few days to a few weeks after your consult appointment with your Radiation Oncologist.



Figure 1: Patient with mask

When will I get the date for the radiation treatments?

You can expect a phone call with an appointment a few days to a few weeks after your markings appointment.

Where do I go for my markings and radiation treatment appointments?

You will come to the Cancer Treatment Centre and register at the reception desk for all your appointments. Please arrive at least 15 minutes before your appointment and include extra time, if needed, to park your car.

What will happen during my radiation treatments?

The Radiation Therapists will place your mask on you. They will line you up to your markings. X-rays will then be taken to ensure you are in the correct position for treatment. They will then start the radiation treatment. You will not see or feel anything when the radiation is on.

How long is each treatment?

You should plan to be at the Cancer Centre for 45 minutes to 1 hour every day. Your treatment will last about 15-30 minutes, most of this time is used to make sure you are in the right position for treatment.

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!*

Nova Scotia Health
www.nshealth.ca

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The information in this brochure is for informational and educational purposes only.
The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider. The information in this pamphlet is to be updated every 3 years or as needed.