

Head & neck cancer

After treatment

Patient information



This leaflet has been designed to give you and your family information about what to expect next:

After radiotherapy:

- You will have an outpatients appointment one week after treatment finishes in the radiotherapy outpatients department
- You will then return to ENT/Oral surgery four to six weeks later to commence follow up, this involves a discussion and clinical assessment (examining your neck and looking inside the mouth/nose)
- If you have any concerns in this time please contact us on the numbers below.

Future investigations:

You will have regular follow up appointments. If necessary post treatment scans may be ordered three months after treatment finishes. The majority of your follow up is clinical examination and discussion, and further investigations would be ordered if required.

Feeding tube:

Your PEG tube will only be removed once it has been decided between yourself, your consultant and dietitian that you are able to maintain your oral intake sufficiently.

Skin care:

You will need to continue to moisturise your skin daily, with a gentle moisturising cream.

On holiday/summer months – We recommend you will always use a high SPF suncream in the area you have had radiotherapy.



Mouthcare:

It can take up to two years for your saliva to improve but this may not always return to the same as pre-treatment.

You need to continue with regular dental check-ups and maintain good oral hygiene brushing your teeth four times daily with a soft toothbrush and mild toothpaste and use any mouthwashes you have been advised.

We would advise you to not consider visiting your dentist regarding dentures for at least six months post treatment, please discuss at your appointment for further information.

The intense side effects of radiotherapy can continue for up to two months afterwards and start to gradually subside, but some of the effects can take longer to improve, please call us to discuss further or ask at your clinic appointment for individual information.

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