

## Help is a Phone Call Away

If you are having side effects related to your cancer treatment, please contact:

### Symptom Support Telephone Service



During the day:  
Cancer Centre Symptom Support  
705-728-9090 x79565



Evenings, weekends and holidays:  
Bayshore CAREchart 1-877-681-3057

To cancel or change your appointment, please call 705-728-9090 x43333.

Please visit [www.rvh.on.ca](http://www.rvh.on.ca) for the latest information and hours of operation.



Simcoe Muskoka Regional Cancer Centre  
201 Georgian Drive  
Barrie, ON L4M 6M2  
Phone: 705-728-9090 x43333

[www.rvh.on.ca](http://www.rvh.on.ca)

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## Mepitel<sup>®</sup> Film Instructions

*For Patients Undergoing Radiation Therapy  
to Their Breast/Chestwall*

### What is Mepitel<sup>®</sup> Film?

Mepitel<sup>®</sup> Film is a gentle, transparent, breathable film dressing for skin protection. It is made out of silicone and polyurethane.

### Why is it used?

Studies have shown that Mepitel<sup>®</sup> Film can significantly reduce the skin reaction that may happen with radiation treatment.

### How is Mepitel<sup>®</sup> Film applied?

The Mepitel<sup>®</sup> Film is applied only to the area receiving radiation treatment. The film is applied by your radiation nurse after your first radiation treatment.

Ideally, the film remains on the skin for the entire course of your treatment and for 2 weeks after your treatments are completed.

Before your last radiation treatment, you will receive instructions from your radiation nurse about when and how to remove the film.

## ***How do I care for my skin?***

Shower as normal, but try to avoid direct water spray to the film.

Do not take baths, use hot tubs or swimming pools as the film may come off.

After showering, pat the film gently to dry area. Avoid scrubbing or rubbing the area with your hands or towels.

Avoid heavy exercise or activity that would cause excessive perspiration.

Refer to *Managing Acute Side Effects of Breast Radiation Therapy* pamphlet for more skin care tips.

If you notice any skin changes under the film (for example, redness and itchiness), please speak with a member of your Care Team.

## ***What happens if the film peels off?***

If the film begins to peel off **while on radiation treatment**, you will be seen by the nurse to have the film trimmed as needed. The nurse may suggest a type of spray-on film (e.g. Cavilon® Spray) that you can use on any open areas.

If the film peels off in the 2 weeks **after your radiation treatment** is completed, please follow the skin care guidelines in your pamphlet *Managing Acute Side Effects of Breast Radiation Therapy*.

**In some cases, the Mepitel® Film can cause an allergic reaction. If you notice itchiness and/or redness within 24 hours of application, please let your Care Team know in person or contact us (see back of the pamphlet for details).**