

## Radiation therapy – making a mask and planning appointments

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Before starting your radiation treatment, you will need to come to the Juravinski Cancer Centre (JCC) for Radiation Treatment Planning appointments. You will receive a phone call telling you when these appointments will occur.

**Mould Room appointment** \_\_\_\_\_  
date time

**Simulator Room appointment** \_\_\_\_\_  
date time



**If you are going to be late for your appointment please call 905-387-9495, extension 63810 to let staff know. If possible please give 48 hours' notice for all appointment changes.**

### **When you arrive for your appointment:**

- take the main elevators to Level 0
- check in with the receptionist at the desk, and you will be directed to the clinic area

## **Mould Room appointment**

As part of your treatment planning appointment, a mask is made of your head and neck. The mask is needed to keep you still and prevent your head from moving during radiation treatments.

The mask is made in the Mould Room.

At your Mould Room appointment a radiation therapist will tell you what will happen and answer any questions. During the making of the mask, you will need to remove your clothing from the waist up and wear a hospital gown.

If you are currently taking any medications, please take as prescribed, and bring the medications to your appointment.

## What happens during the treatment planning appointments?

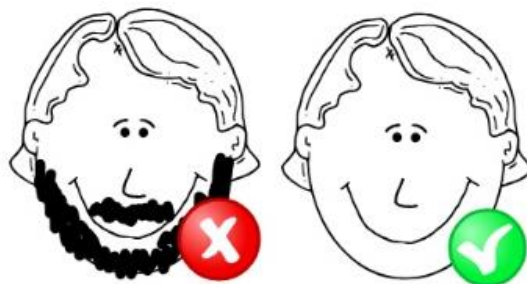
- Planning is done in the **Computed Tomography (CT) Simulator Room and/or Magnetic Resonance Imaging (MRI) Simulator Room**. During this time, radiation therapists, medical and planning staff are with you.
- A radiation therapist will review what will happen and answer your questions.
- An I.D. photo is taken –it is uploaded into your chart for future verification.
- You may need to remove your clothing and wear a hospital gown.
- The therapists guide you into the treatment position. A photo may be taken to help reproduce the set-up. You will need to be in this position for each of your radiation treatments.
- Tattoos (dots) or marks may be placed on your skin and mask.
- You may be required to have an Intravenous (IV) put in place to administer Contrast Media (dye) – this will be removed once your planning appointments are complete.

## For all head and neck treatment areas

In preparation for making your mask:

- Remove all jewellery from the head and neck area.
- If you have facial hair, shave your face and neck in the morning. The materials used in making the mask may stick to whiskers and pull them out when it is removed.
- It is important to ensure that your mask fits well to your face to improve the accuracy of your treatment.

**No facial hair,  
beards or  
moustaches**



**Clean shaven**

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If you have thick hair that may fall out during treatment or you are planning to cut it during treatment, we strongly encourage you to have it cut or thinned before your mask is made. If a major change in the length of hair occurs during treatment, your health care team will let you know if re-planning may be needed. This may result in a delay in your treatment.

## Aquaplast mask

A soft piece of plastic is placed over the bridge of your nose while a piece of plastic mesh is warmed in a water bath.

Once warmed, the mesh is stretched over your face and neck and gently massaged to take on your shape.

The mesh needs to dry for 15 minutes, so it will cool and harden. Then the mask is lifted off and allowed to set completely.



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## MRI Simulator

You may be required to have an MRI to help with planning your radiation treatments. The MRI appointment can take as long as 1 hour, including 30 minutes inside the scanner.

You may be required to wear your Aquaplast Mask for the entire length of the procedure.

**If you are claustrophobic (fear small, narrow places) – please inform your Radiation Oncologist before your planning appointments.** You may need to take medication to help you relax. If this is the case, you must have someone drive you to and from these appointments.

If you are diabetic and use a Continuous Glucose Monitor (CGM) it will have to be removed before entering the MRI suite.

## Dental tray

You may need dental trays. Your doctor will tell you if you need them. If they are needed, you will need to see a dentist prior to your radiation treatments to have them made.



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To make the dental trays, an impression is made of your upper and lower teeth using a gel that is like plasticine. From that, a plaster mould is made. From the mould a set of plastic-like trays is made and will be given to you. You will need to place the dental trays over your teeth during radiation treatments.

If you have difficulty opening your mouth, we may not be able to make dental trays. Please tell your health care team if you think this may be a problem. A wax tooth guard may be used in place of the custom trays.

## When will my radiation treatments start?

- After the treatment planning appointment, time is needed to make your treatment plan.
- You will be called at home with your start date and time. A voicemail message will not be left if the patient's outgoing message does not state their name.
- The JCC aims to give you at least 3 days' notice before your treatment starts. This is not always possible.

If you have questions or concerns with regards to the treatment plan, contact your Health Care Team.

