

## Useful Royal Sussex County Hospital numbers (see front sheet for main numbers)

Macmillan Counsellor	01273 664694
Howard 1 Ward	01273 696955 ext 4051
Worthing Oncology Dept	01903 205111 ext 4225
Eastbourne Oncology Dept	01323 435813
Mould Room	01273 696955 ext 4128
Head & Neck Specialist Radiographer	01273 696955 ext 7436

For local support groups please speak to a member of staff

### Useful National Contacts

**Macmillan:** 0808 808 00 00  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

**Macmillan benefits help line:** 0808 801 0304

**Cancer Help (cancer research):** 0808 800 4040  
[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

**Sussex Cancer Network:**  
[www.sussexcancer.nhs.uk](http://www.sussexcancer.nhs.uk)

**NHS Patient Choices website:**  
[www.nhs.uk/conditions/radiotherapy/pages/introduction.aspx](http://www.nhs.uk/conditions/radiotherapy/pages/introduction.aspx)

© Brighton and Sussex University Hospitals NHS Trust

#### Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Ref number: 480

Publication Date: November 2012 Review Date: November 2014



If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فإمكاناتنا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি।

如你不明白本單張的內容，我們可安排口譯員服務。

如你不明白本傳單的內容，我們可安排口譯員服務。

اگر مندرجات این جزوه را نمیفهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

# Your Immobilisation Mask The Sussex Cancer Centre

## Information for Patients

BSUH Sussex Cancer Centre  
The Royal Sussex County Hospital, Brighton  
[www.bsuh.nhs.uk/](http://www.bsuh.nhs.uk/)

**Main Reception telephone: 01273 696955 extn. 4324**  
**Radiotherapy reception telephone: 01273 664901**  
**Chemotherapy reception telephone: 01273 664799**

Your Oncologist, who is the specialist cancer doctor, has decided that you will benefit from a course of Radiotherapy treatment. The treatment will usually be given 5 times each week, Monday to Friday, for a number of weeks.

The duration of your treatment will depend on your personal needs so please remember that each patient may have a different course of treatment.

In order for us to give you the treatment accurately and to help you keep still we will make a special mask of your head or your head and neck if necessary. This leaflet has been written to answer some of the most commonly asked questions.

## **What is an immobilisation mask?**

The mask is a plastic mesh which is formed exactly to the shape of your head and face (and neck if required). Your immobilisation mask ensures that your head stays still during the treatment so you can be treated accurately.

Markings are placed on the outside of the mask to indicate the exact treatment area. You will wear the mask for your planning and treatment appointments.

## **How is the mask made?**

The making of the mask involves taking an impression of the area to be treated. This is done using a 'thermoplastic' mesh. You will be lying on a treatment couch.

It is important to have a good fitting mask for the course of your treatment. Please do not change your hairstyle after the mask has been made. It is fine to have your hair trimmed while you are having treatment but if possible please either have a haircut before the mask is made or when your treatment has finished.

It may be necessary to trim a beard or moustache before taking the impression. Please contact the mould room if you need to discuss this further.

Earrings, jewellery, hearing aids and glasses need to be removed. The Oncologist may also request that dentures be removed.

## **What happens next?**

When your mask has been made you will then need to go to the CT scanner for the planning of your treatment. This usually happens on the same day but you may be given a separate appointment before you leave the mould room. You will also be wearing your mask for these appointments.

## **Further questions...**

Before you have your mask made a Mould Room Technician will explain the procedure and tell you the date and time your treatment will start.

**Contact numbers are provided on the back of this leaflet.**

A thin sheet of mesh is warmed in a water bath until it becomes soft and flexible and can be stretched easily over the area to be treated. This mesh is then attached to the headboard on the couch. Gentle pressing round areas such as the nose, eyes, chin and ears allows fine detail to be obtained.

## **How long will it take?**

The immobilisation mask can be made in less than 15 minutes, however please allow at least 45 minutes for your whole appointment.

## **Is it painful?**

Not at all. The thermoplastic mesh is warm when put on the skin and quickly cools. There are many holes in the mesh giving maximum comfort and allowing you to breathe and hear as normal.

You will need to keep your eyes closed while the mask is being made. You may be able to open your eyes and see through it for the following appointments. The mask is designed to be tight fitting but should not be too uncomfortable or painful.

## **What do you have to do?**

Taking the impression is very simple. Please wear loose fitting garments with low collars or clothing which can be removed easily.