

Radiation therapy – making a mask and planning appointments

Before starting your radiation treatment, you will need to come to the Juravinski Cancer Centre (JCC) for Radiation Treatment Planning appointments.

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 and inform staff. 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 right area.

Mould Room or SIM-A 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 either the Mould Room or in an area called SIM-A.

There are 2 types of masks that are made: aquaplast or plaster. Your doctor will decide which type of mask is needed.

Sometimes x-rays are needed to check the position. An x-ray guided mask is done in SIM-A. If an x-ray is not needed, the mask is made in the Mould Room.

At your Mould Room or SIM-A appointment a radiation therapist reviews what happens and answers your questions. For both types of masks you will need to remove your clothing from the waist up and wear a hospital gown.

If your treatment planning appointment is the same day as your Mould Room or SIM-A appointment, there will be about an hour in between these appointments to let your mask set.

What happens during the treatment planning appointments?

- Planning is done in the Simulator Room. During this time, radiation therapists, medical and planning staff are with you.
- A radiation therapist reviews what happens and answers your questions.
- An I.D. photo is taken.
- You may need to change into a hospital gown.
- The therapists guide you into a stable 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.
- X-rays or a CT scan of the area to be treated are taken.
- Tattoos (dots) or marks may be placed on your skin and mask.

For all head and neck treatment areas

In preparation for making your mask:

- Remove all jewellery from the head and neck area.
- For men, 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.

No facial hair, beards or moustaches



Clean shaven



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 significant change occurs during treatment, 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.



Plaster cast for UVEX mask

In order to protect your hair, a piece of plastic wrap is placed around your head. Vaseline is used on your skin to help keep the plaster from sticking. A thin strip of plastic wrap is placed over your eyes to keep the plaster out.

Strips of plaster bandages are dipped in water and moulded to your skin in and around the treatment area.



There are openings in the mask so you can breathe normally through your nose, mouth and/or trachea. Once the entire area is covered, the plaster is allowed to dry for 5 to 10 minutes and then it is removed. The plaster impression is then used to create a solid plastic mask.

Dental tray

You may need dental trays. Your doctor will tell you if you need them. If they are needed, you will be given an appointment to have them made: either just after your planning appointment, or during your first week of treatment.



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 primary 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.
- 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 Primary Team.



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