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After Eye Cancer Treatment

Get information about life as a cancer survivor, next steps, and what you can do to help.

Living as a Cancer Survivor

For many people, cancer treatment often raises questions about next steps as a survivor.

- [Living as an Eye Cancer Survivor](#)

Cancer Concerns After Treatment

Treatment may remove or destroy the cancer, but it's very common to worry about the risk of developing another cancer.

- [Second Cancers After Eye Cancer](#)

Living as an Eye Cancer Survivor

- [Follow-up care](#)
- [Keeping health insurance and copies of your medical records](#)
- [Can I lower my risk of the eye cancer progressing or coming back?](#)
- [If the eye cancer comes back](#)
- [Could I get a second cancer after treatment?](#)

- [Getting emotional support](#)

For many people with eye cancer, _____

Treatments for eye cancers such as [surgery](#)⁶, [radiation therapy](#)⁷, and [laser therapy](#)⁸ can cause side effects. Your doctors will check your treated eye for complications and may recommend medicines or operations to help control side effects and help to keep your vision as clear as possible. For example, radiation therapy might cause cataracts to form or injure muscles around the eye, resulting in blurred or double vision. In either case, surgery may help with these problems.

Follow-up exams and tests are also important for people who have had an eye removed, because melanomas can still sometimes recur in the area around the eye or in distant parts of the body.

Ask your doctor for a survivorship care plan

Talk with your doctor about developing a survivorship care plan for you. This plan might include:

- A suggested schedule for follow-up exams and tests
- A schedule for other tests you might need in the future, such as early detection (screening) tests for other types of cancer, or tests to look for long-term health effects from your cancer or its treatment
- A list of possible late- or long-term side effects from your treatment, including what to watch for and when you should contact your doctor
- Diet and physical activity suggestions

Keeping health insurance and copies of your medical records

Even after treatment, it's very important to keep health insurance. Tests and doctor visits cost a lot, and even though no one wants to think of their cancer coming back, this could happen.

At some point after your treatment, you might find yourself seeing a new doctor who doesn't know about your medical history. It's important to keep copies of your medical records to give your new doctor the details of your diagnosis and treatment. Learn more in [Keeping Copies of Important Medical Records](#)⁹.

Can I lower my risk of the eye cancer progressing or coming back?

If you have (or have had) eye cancer, you probably want to know if there are things you can do that might lower your risk of the eye cancer growing or coming back, such as

Some amount of feeling depressed, anxious, or worried is normal when lymphoma is a part of your life. Some people are affected more than others. But everyone can benefit from help and support from other people, whether friends and family, religious groups, support groups, professional counselors, or others. Learn more in [Life After Cancer](#)¹⁶.

Hyperlinks

1. www.cancer.org/cancer/types/eye-cancer/treating.html
 2. www.cancer.org/cancer/types/eye-cancer/treating/chemotherapy.html
 3. www.cancer.org/cancer/types/eye-cancer/treating/radiation-therapy.html
 4. www.cancer.org/cancer/survivorship/long-term-health-concerns/cancer-as-a-chronic-illness.html
 5. www.cancer.org/cancer/survivorship/long-term-health-concerns/cancer-as-a-chronic-illness.html
 6. www.cancer.org/cancer/managing-cancer/side-effects.html
 7. www.cancer.org/cancer/types/eye-cancer/treating/surgery.html
 8. www.cancer.org/cancer/types/eye-cancer/treating/radiation-therapy.html
 9. www.cancer.org/cancer/types/eye-cancer/treating/laser-therapy.html
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Second Cancers After Eye Cancer

After completing treatment for eye cancer, you should still see your doctor regularly and may have tests to look for signs that the cancer has come back. Let your doctors know if you have any new symptoms or problems, as they could be due to the eye cancer coming back, side effects of treatment, or a new disease or cancer.

Eye cancer survivors should also follow the [American Cancer Society recommendations for the early detection of cancer](#)⁶, such as those for colorectal, lung, and breast cancer. Most experts don't recommend any other testing to look for second cancers unless you have symptoms.

6. www.cancer.org/cancer/screening/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html
7. www.cancer.org/cancer/risk-prevention/tobacco.html
8. www.cancer.orgfile:///C:/cancer/cancer-causes/diet-physical-activity/body-weight-and-cancer-risk.html
9. www.cancer.orgfile:///C:/cancer/cancer-causes/diet-physical-activity.html
10. www.cancer.org/cancer/risk-prevention/diet-physical-activity/acs-guidelines-nutrition-physical-activity-cancer-prevention/guidelines.html
11. www.cancer.orgfile:///C:/cancer/cancer-causes/diet-physical-activity/alcohol-use-and-cancer.html
12. www.cancer.org/cancer/survivorship/long-term-health-concerns/second-cancers-in-adults.html

References

Bergman L, Nilsson B, Ragnarsson-Olding B, Seregard S. Uveal melanoma: a study on incidence of additional cancers in the Swedish population. *Invest Ophthalmol Vis Sci*. 2006 Jan;47(1):72-77.

Diener-West M, Reynolds SM, Agugliaro DJ, et al, Collaborative Ocular Melanoma Study Group. Second primary cancers after enrollment in the COMS trials for treatment of choroidal melanoma: COMS report no. 25. *Arch Ophthalmol*. 2005;123(5):601e604.

Rock CL, Thomson C, Gansler T, et al. American Cancer Society guideline for diet and physical activity for cancer prevention. *CA: A Cancer Journal for Clinicians*. 2020;70(4). doi:10.3322/caac.21591. Accessed at <https://onlinelibrary.wiley.com/doi/full/10.3322/caac.21591> on June 9, 2020.

Last Revised: June 9, 2020

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