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After Treatment for Osteosarcoma

Get information about living well after osteosarcoma treatment and making decisions about next steps.

Living as a Cancer Survivor

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

- [Living as an Osteosarcoma Survivor](#)

Living as an Osteosarcoma Survivor

- [Follow-up care](#)
- [Late and long-term effects of treatment](#)
- [Social and emotional issues](#)

During [treatment](#)¹ for osteosarcoma, the main concerns for most people are the daily aspects of just getting through treatment and beating the cancer. After treatment, the concerns tend to shift toward the long-term effects of the cancer and its treatment, as well as worries about the cancer coming back.

It's certainly normal to want to put the tumor and its treatment behind you and to get back to a life that doesn't revolve around cancer. But it's important to realize that follow-up care is a central part of this process that offers the best chance for recovery and

long-term survival.

Follow-up care

After treatment, it's very important to go to all follow-up appointments. During these visits, doctors will ask about symptoms and do physical exams, and might order [blood tests or imaging tests](#)² such as MRI, CT scans or x-rays. Follow-up visits are needed to check for cancer [recurrence or spread](#)³, as well as possible side effects of treatment. This is a good time for you to ask the health care team any questions and to discuss any concerns you might have.

You or your child will probably see the oncologist and the orthopedic surgeon and get [imaging tests](#)⁴ every few months during the first couple of years after treatment, and less often after that if there are no issues.

Physical therapy and rehabilitation are typically a very important part of recovery after treatment for osteosarcoma, and your doctors and other health providers will continue to monitor your (child's) progress as time goes on.

Some [chemotherapy](#)⁵

guidelines can help you know what to watch for, what types of screening tests should be done to look for problems, and how late effects are treated.

It's very important to discuss possible long-term complications with your child's health care team, and to make sure there is a plan in place to watch for these problems and treat them, if needed. To learn more, ask your child's doctors about the COG survivor

therapy, occupational therapy, and counseling services.

Hyperlinks

1. www.cancer.org/cancer/types/osteosarcoma/treating.html
 2. www.cancer.org/cancer/types/osteosarcoma/detection-diagnosis-staging/how-diagnosed.html
 3. www.cancer.org/cancer/survivorship/long-term-health-concerns/recurrence.html
 4. www.cancer.org/cancer/types/osteosarcoma/detection-diagnosis-staging/how-diagnosed.html
 5. www.cancer.org/cancer/types/osteosarcoma/treating/chemotherapy.html
 6. www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects.html
 7. www.cancer.org/cancer/survivorship/long-term-health-concerns/survivorship-care-plans.html
 8. www.cancer.org/cancer/survivorship/long-term-health-concerns/keeping-copies-of-important-medical-records.html
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www.cancer.gov/types/bone/hp/osteosarcoma-treatment-pdq on August 4, 2020.

National Comprehensive Cancer Network (NCCN). Practice Guidelines in Oncology: Bone Cancer. Version 1.2020. Accessed at www.nccn.org/professionals/physician_gls/pdf/bone.pdf on August 4, 2020.

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Our team is made up of doctors and oncology certified nurses with deep knowledge of cancer care as well as journalists, editors, and translators with extensive experience in medical writing.
