

# THE COMMON- SENSE GUIDE TO COLD CAP HAIRCARE

HAIR TYPE 3-4

PAXMAN<sup>®</sup>

CHANGING THE FACE OF CANCER





BE KIND TO  
**YOUR HAIR**



**It is really important to tailor your hair care to ensure that cold capping is as easy as possible but also to keep the hair you retain in the best possible condition so that you can move forward when your chemo is done.**

This is why we developed two hair care guides - one for those with type 1 and 2 hair and one for those with type **3 and 4 hair**.

These will give you some simple advice on how to look after your hair and make the most of what you have during the scalp cooling experience.

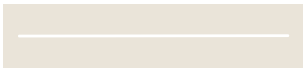









While there are lots of similarities for caring for all hair types, there are some specific differences, so get to know the right guide and approaches for you.

**The image below will help you identify which hair type you have.**

Remember this is based on your natural hair texture, so how it would naturally look if it was unstyled and left to its own devices when drying.

Not everyone has the same texture all over their head, so pick the one that matches the majority of your hair.

## IDENTIFYING YOUR HAIR

1		3b	
2a		3c	
2b		4a	
2c		4b	
3a		4c	



## Wash your hair less frequently than normal

Chemo has a real drying effect on your hair and scalp skin and you will probably quickly begin to notice that your hair doesn't require washing as often. It is important to keep washing your hair regularly though, especially if you are shedding heavily - keeping your hair and scalp clean and manageable is important.

Washing has the added benefit of liberating hairs that are in the process of shedding, which can be terrifying. But it's really important to remember that washing will not cause hairs to fall out that weren't already in the process of shedding. You know your hair best - be open minded and follow your instincts, you'll find out what works for you.

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## Use color, perfume and sulfate free shampoo and conditioner

It doesn't matter which brand you use if it fits these criteria. They are all ingredients that can act as irritants, even if you were perfectly fine with them before you started treatment.

Chemo will most likely cause your scalp to become very sensitive and sometimes itchy, and your hair to become dry, so these ingredients are best avoided.

Try to avoid parabens too, as they are believed to disrupt hormone function by mimicking oestrogen.

## Smooth shampoo and conditioner into your hair, don't rub

Piling hair on top of your head and massaging in shampoo is all very well and good in adverts, but it's a one-way street to tangled, matted hair while cold capping.

Smooth shampoo and conditioner in and run your fingers through your hair, or alternatively mix some shampoo with a little water and pour over your hair to get right in to the scalp. At all costs avoid the circular rubbing motions you may be used to.

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## Use plenty of conditioner and natural oils

Chemo is going to really dry your hair out so use plenty of conditioning products to keep your hair as manageable and healthy as possible.

Use lots of conditioner when you wash, spray in conditioner whenever you fancy, and natural oils such as vitamin E, grape seed or argan oil. Just avoid oils the day before your treatment as it will make it harder to wet your hair in preparation for the cap.





## Really wet your hair before putting on your cold cap

You may need some help from a friend or assistant if you have really thick hair, but it's important that you really get water through to the scalp and ensure that you get as much volume out of your hair as possible to get a good fit with your cap.

Make sure you get your hair as wet as needed to get it as flat as possible, then smooth conditioner over the surface. It is also important to wet your hair when your cap is sized, to get an accurate fit. If during your treatment you do shed quite a bit you may also want to consider going down a cap size to achieve a better fit as your hair volume may have reduced.

## Brushing your hair is really important

This may seem counter intuitive, especially if you are experiencing heavy shedding, but it is SO important to liberate any shedding hairs to avoid knotting and matting. Use a wide tooth comb or curly hair detangling brush and brush through thoroughly but gently while it is still wet after you have washed it. Every 2 days, dampen your hair (with water or spray in conditioner/detangler) and brush thoroughly.

On in-between days make sure that you finger comb your hair. Brushing or finger combing gently but thoroughly will not pull out any hairs that weren't already shed, but will ensure that loose strands, and hairs that are in the process of dropping will be removed, making it significantly less likely to tangle and mat.

## Avoid all heated styling

Using straighteners, flat irons, blow dryers or a curling wand can have a further drying effect on already dry hair, not to mention the tension that it can put on the roots of your hair. No matter how tempting it is, try to avoid.

## Use a scarf, loose band or hat to keep your hair away from your face

They will keep your hair back without adding tension to your roots. A soft fabric head band or combs can also be great. Avoid clips, pins or tight ponytail bands as your hair is likely to tangle around them.



### *Be kind to your hair and yourself.*

Most importantly, try not to worry too much. If you follow the above guidelines, and your own instincts you will be just fine.

This is a tough road, but know that you are doing everything you can to retain your hair.



## Don't use dry shampoo but coloured root sprays are fine

Dry shampoo will clog your follicles. But coloured root sprays are fine and can be a really simple way to hide roots or cover patchy hair loss. Always test first in case it causes problems with scalp sensitivity, though try to avoid using so much that there is a build-up in your hair.

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## No braids or weaves while scalp cooling

The additional tension on the roots of hair can be detrimental to hair retention. Similarly, relaxing should be avoided too, firstly because the chemicals on a sensitive scalp should be completely avoided, but also because it will cause further drying to your hair. It is no problem to wear a wig if it makes you feel more comfortable, but again, avoid additional tension or friction on the roots of your hair.





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