

THE COMMON- SENSE GUIDE TO COLD CAP HAIRCARE

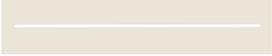
HAIR TYPES 3-4

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CHANGING THE FACE OF CANCER

THE COMMON-SENSE GUIDE TO COLD CAP HAIRCARE TYPES 3-4

HAIR TYPES

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.

Use color, perfume, sulphate and paraben 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 alternative 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.

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. 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 matt.

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.



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.

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 your more comfortable, but again, avoid additional tension or friction on the roots of your hair.

But most importantly...

“BE KIND TO YOUR HAIR AND YOURSELF.”

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.



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