

THE POST SCALP COOLING HAIRCARE GUIDE



PAXMAN[®]

CHANGING THE FACE OF CANCER



A woman with curly hair is shown from the chest up, looking directly at the camera. She is wearing a grey long-sleeved top. Her hair is styled with a curling iron, and she has a slight smile. The background is softly blurred, showing an indoor setting with warm lighting.

YOU'VE
MADE IT!



***You've made it through
scalp cooling, so what now?***

**Take a moment to celebrate that you not only finished
your chemo, but that you did it all and you scalp cooled.**

**That's no small feat. You are made of strong stuff!
But what can you do with your hair now?**

There's lots of questions that inevitably come from
getting to this marvellous point. We've answered
the most common ones in this guide.

Shedding can continue for some time

Don't expect the shedding to stop on the final day of your chemo. It can take a while for the drugs to work their way out of your body, and many people will continue to shed for a number of weeks. If you are getting past the two month mark, it might be worth speaking to your doctor, as additional factors (such as low haemoglobin/anaemia) can cause hair loss.

Regrowth is stronger, faster and healthier with the cold cap

You have done everything you could to ensure the best possible regrowth. Depending on the drug regimen, some people will see regrowth before the end of their chemo, for others it can take a little while. But it does come. There will be fluffy new hairs sprouting before you know it. And it is pretty common to see shedding and regrowth at the same time.

Losing brows and lashes post chemo

This is really common. They hold on throughout chemo and then when you've finally finished they all drop out. Cruel beyond belief!

The good news is that they tend to grow back very quickly, but be aware that losing brows and lashes is a possibility.

Don't make a snap decision and cut your hair off

Lots of people get through scalp cooling then feel like they can't handle a combination of patchy hair loss, retained hair and regrowth.

But try to be patient for a little while before going for a style change you don't really want. You'd be amazed how quickly hair can grow back in and what all of a sudden works as a style option again. A bob may be possible rather than a pixie crop etc.

What's normal shedding?!

After focusing on your hair so intensely, it can be easy to forget what 'normal' shedding looks like.

The average healthy person will lose around 100 hairs a day, which is quite a lot really. There may not be a lightning bolt moment where your hair suddenly stops shedding, but you may get to a point where you just don't notice it so much, which means you are probably back to your normal.



Return to your normal hair care routine once shedding stops

Once you reach normal shedding you can go back to standard products and use heat styling tools again. Just be gentle and go carefully, as your scalp may still be sensitive.

You should also be mindful that your hair may now be much drier and more fragile than it was before chemo, which may mean you need different products than those you used before.

If your hair is really dry you should avoid straighteners and curling tongs until your hair is in better condition.

Any retained hair is often very dry

It's time to start focusing on improving the condition of your hair. Try masks, deep conditioning treatments or oils. Give it some love!

You may also see an improvement if you get a trim to remove any really damaged hair. Hang on in there, it will get better.

Be careful when it comes to dying your hair

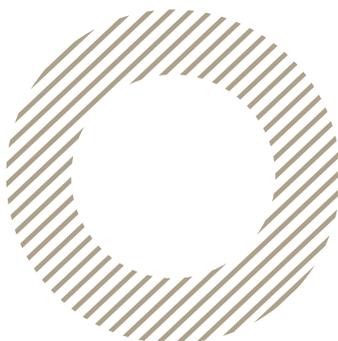
A lot of people are desperate to get rid of roots or greys, but you may want to take your time. You certainly shouldn't be dying your hair before shedding returns to normal and ideally you would be waiting another couple of months after that.

If you do decide to take the plunge, please follow the advice of an experienced hairdresser. They will be able to tell you if your hair is in good enough condition, and it is imperative that they patch test ahead of time.



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