

# HAIR PREPARATION FOR HAIR TYPES 3 AND 4

SCAN FOR TYPE 3-4 TUTORIALS:



There are a range of options that you can choose from to prep patient's curly or coily hair. It is up to you and your patient which method, or combination of methods you think will work best for them. If you can, advise the patient to try experimenting with prepping their hair ahead of their treatment.

- It is recommended to perform any required cannulation of patients prior to the commencement of scalp cooling since vasoconstriction caused by scalp cooling can impair venous access.
- Place a towel around the patient's shoulders.

## IDENTIFYING HAIR TYPES - CURLY AND COILY

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

## Parting/Sectioning the hair

Spreading the hair evenly across the scalp is important to achieve an even cooling process. Sectioning or parting the hair is the easiest way to achieve this with thick hair.

- Section the hair at the crown in to 4 or more sections.
- Sectioning your hair can also aid in distributing water and conditioner through your hair.



## Possible ways to part your hair...

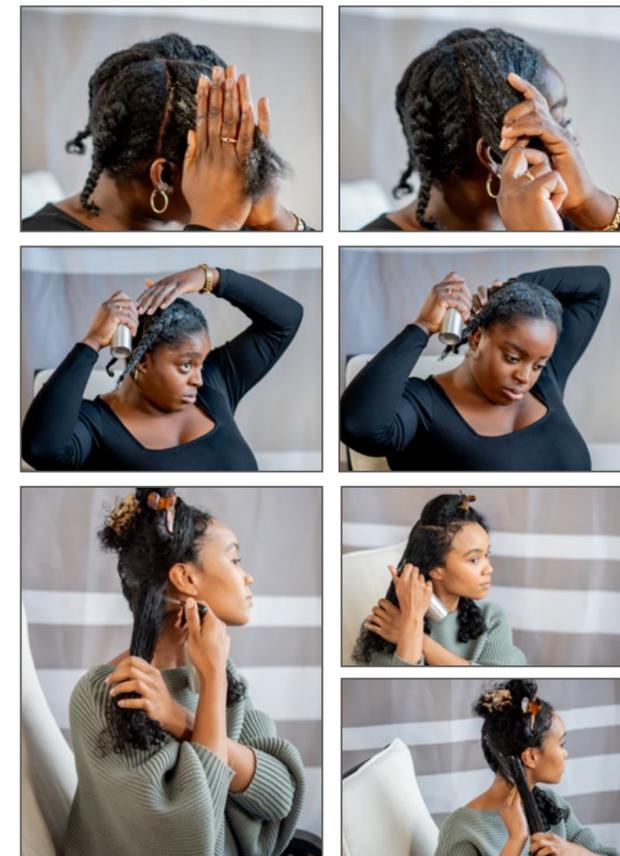


## Using water

Important - Using water in hair prep is important to aid conductivity, allowing heat to more easily leave your scalp. Though, of course, adding water to type 3 and 4 hair is more likely to make it curlier and more voluminous.

- Option 1 for adding water - work a thick conditioner through the hair, then add some water with a spray bottle to create an emulsion, this can allow you to slick down your hair.
- Option 2 for adding water - get the hair wet, then add conditioner. If your patient has high porosity hair, it may be challenging to keep their hair wet, but the conditioner will help to retain the moisture.

Note: Whichever option you use, ensure that you are using the water at the roots of the hair.



## Twists or braids

- Small and loose twists or braids can be another way of getting your hair as flat as possible if smoothing your hair flat is not an option.
- Braids or twists should be done lightly (avoiding any tension at the roots) allowing them to compress under the cap- this will avoid dense sections of hair that might block the scalp.

If an elasticated headband is available position below each ear and on the forehead to create a barrier between the cap and the patient's skin. This will reduce the discomfort.

