



Scalp cooling haircare guide

How to look after your hair during scalp cooling

Your haircare journey

Haircare during scalp cooling doesn't have to be difficult, but it is probably different to the haircare routine you are used to. This booklet, in conjunction with coldcap.com, includes lots of information to make your day-to-day haircare during chemotherapy and scalp cooling as simple as possible.



For detailed information, FAQs and support visit our online patient platform,

coldcap.com

Contents

01	Getting your hair ready for scalp cooling	06
02	Scalp cooling haircare guides	08
	Type 1 & 2 guidance	10
	Type 3 & 4 guidance	13
03	Scalp cooling haircare FAQs	16
04	Information for hairdressers	19
05	Post scalp cooling haircare guide	20

Type 1



Type 2



Type 3



Type 4



Identifying your hair type

The best place to start with haircare is to understand which hair type you have.

The diagram above will help you to identify the hair type that feels closest to your hair in its natural state (without styling or the use of heated tools). It's common for people to have a range of hair texture across their scalp, so try to pick the one that is most similar to the majority of your hair.

Knowing your hair type will help you identify the best advice for you.



Useful items

There are a few things to consider when buying hair products to use when you are scalp cooling.

We have laid out a range of options for different hair types and requirements, which are easy to access.

Find out more at coldcap.com/haircare



Getting your hair ready for scalp cooling

01

We are frequently asked questions about the right things to do to get your hair ready for scalp cooling. The good news is that there isn't that much that you need to do, but the following are worth considering if you have a little time before your treatment starts.

Get a trim

Damaged and split ends are likely to result in knotty and difficult to manage hair. Getting a good trim can help to make your day-to-day haircare easier.

Remove any hair that isn't yours

You need to have any extensions, weaves, braids or any additions to your hair removed, as they can insulate your scalp, create tension at your roots and significantly impact scalp cooling outcome.

Consider a mid-length cut, if at all

There is no reason to cut your hair unless you want to. A pixie cut will not result in a better scalp cooling outcome compared to any other length of hair. You may wish to consider a style that will be as easy as possible to care for. A collar bone-length cut is a good compromise as it leaves enough hair to tie up but not so much length that it is difficult to look after.

You can dye your hair before chemotherapy treatment

If you want to, you can get your color refreshed ahead of scalp cooling, as you won't be able to color it throughout treatment and for some time afterwards. Ideally it should be a week ahead of your treatment - longer if you can manage it. However, there are a few things you may want to consider - avoid chemical treatments that are going to damage your hair, bleach isn't a great idea. Also, you may see hair regrowth during your treatment and therefore roots or greys, so opting for something close to your natural color can hide this more effectively.

If you can't get to the hairdresser in time, don't panic

It's not a problem to get your hair dry trimmed or cut when you are in treatment. Just be open with your hairdresser and share what is and isn't ok for your hair.

You can find information that may be useful to share with your hairdresser at coldcap.com/information-for-your-hairdresser



Scalp cooling haircare guides

It is really important to tailor your haircare while you are scalp cooling to ensure that your hair is as easy as possible to manage, but also to keep retained hair in the best possible condition, so that you can move forward when your chemotherapy is done.

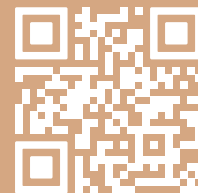
This is why we have developed two haircare guides - one for those with type 1 and 2 (straight and wavy hair) and one for those with type 3 and 4 (curly and coily hair).

These guides will give you some simple advice on how to look after your hair and make the most of the hair you have during the scalp cooling experience. While there are lots of similarities when caring for all hair types, there are some specific differences, so get to know the right guide and approaches for you.

Find out more at

coldcap.com/scalp-cooling-haircare

02



“

It is important to pay extra attention to your hair during chemotherapy.

Avril



Type 1 & 2 guidance

Don't wash your hair more than twice a week or less than once every 10 days

Keep in mind that a common side effect of chemotherapy is a drying effect on your hair, scalp, and skin. Washing very frequently will strip the natural oils from your hair and contribute to and exacerbate dryness. For some people washing your hair less frequently may feel daunting, particularly if you are a daily washer. Your scalp adapts quickly, even if you are a daily washer and you shouldn't find your hair to be too greasy once your treatment is in full swing.

However, it is important to keep washing your hair regularly. Even if it's once a

week and especially if you are shedding heavily - keeping your hair and scalp clean and manageable is crucial, so try to wash your hair at least once every 10 days.

Washing also has the benefit of liberating hairs that have already shed. This can be scary, particularly if you are shedding quite a lot, 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.

In conclusion, you know your hair best - be open minded and follow your instincts, you'll find out what works for you.

Use hypoallergenic and sulfate-free shampoo and conditioner

It doesn't matter which brand you use if it fits these criteria. Color and perfume are ingredients that can act as irritants, even if you were perfectly fine with them before you started treatment. Chemotherapy 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. Also avoid baby shampoo as it is very alkaline, and not gentle enough for a sensitive scalp. It's often suggested as an option, but we know that it has caused people problems in the past. Try to avoid parabens too, as they are believed to disrupt hormone function by mimicking estrogen.

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 commercials, 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 but avoid the circular rubbing motions you may be used to.

Brush your hair every day

This may seem counterintuitive, especially if you are experiencing heavy shedding, but it is SO important to liberate any shedding hairs. Brushing gently morning and night 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 falling out will be removed, making it significantly less likely to tangle and even become matted. If you brush before you wash your hair, it can make washing easier too.

Avoid heated styling tools

Using straighteners, flat irons, curling wands or air wraps, 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. Heatless curls can also cause problems. It is fine to use your hairdryer on a cool setting but use your hands and fingers rather than a brush, again to avoid tension at the roots.

Feel free to use headbands, clips, hats, and scarves

Accessorize to your heart's content! You can be creative to hide patchy baldness or thinning with whatever works for you, just avoid tension at the roots, so no tight ponytails, etc. For those with long hair, a loose braid or low bun can be a good solution, for those with shorter hair, pinning back front sections of hair, or a soft headband can be great.

Dry shampoo and colored root sprays are fine

Always patch test first to be sure of no scalp sensitivity, but using dry shampoo on type 1 or 2 hair if you are having a bad hair day, or root spray to cover patchy hair loss is completely fine. Use sparingly though to avoid build-up which can make your hair hard to wash.





Type 3 & 4 guidance

Wash your hair less frequently than normal

Chemotherapy has a drying effect on your hair, scalp, and skin - you will probably quickly notice that your hair doesn't require washing as often. Washing too frequently will strip your hair of the natural oils it needs. 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 have already shed, which can be scary. 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 hypoallergenic and sulfate-free shampoo and conditioner

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

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 commercials, but it's a one-way street to tangled, matted hair while cold capping. Smooth on shampoo and conditioner and run your fingers or a wide tooth comb through your hair to work the products in, or alternatively mix some shampoo with a little water and pour over your hair to get right into the scalp. Avoid the circular rubbing motions you may be used to at all costs.

Use plenty of conditioner and natural oils

Chemotherapy 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 washing and leave in/spray in conditioner whenever you feel you need it, along with 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.

Make sure your hair is wet before putting on your cold cap

If you have high porosity hair, it can be difficult to keep it wet. You may need some help from a friend or assistant to prepare your hair for scalp cooling and to make sure that it hasn't dried before the cap goes on. It may be that you need to use more water than someone with lower porosity hair, or that once you have conditioner in your hair, you keep topping up the water with a spray bottle before the cap goes on. Make sure you follow hair preparation guidance for type

3 & 4 hair and practice preparing your hair before your treatment. It will be your responsibility to prepare your hair, not the clinical team where you are being treated. You may find it helpful to give yourself more time by going in for your treatment early.

Curls and brushing don't usually mix, but it is really important while scalp cooling

The thought of brushing curly hair can be pretty horrible for anyone with a practised curly haircare method, but it is an essential part of looking after your hair while scalp cooling. Make sure that every day, ideally morning and night you are finger combing through your hair to remove shed hair. Not removing these hairs can cause, sometimes irreversible, tangling and matting. When you wash your hair, make sure that when you are at the conditioner stage you give it a thorough but gentle brushing with a wide tooth comb or wet detangling brush suitable for curls and coils. It's also advisable every couple of days, to dampen your hair with an appropriate detangling or conditioning product and brush 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 falling out will be removed.

Avoid heated styling tools

Using straighteners, flat irons, blow dryers, curling wands or air wraps 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. You can use a hairdryer with a diffuser on a low and cool setting.

Use a scarf, loose headband or hat if you want to keep your hair away from your face

They will keep your hair back without adding tension to your roots. A soft fabric headband 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 on type 3 and 4 hair, but colored root sprays are fine

Dry shampoo will clog your follicles but colored root sprays are fine and can be a really simple way to hide roots or cover patchy hair loss. Always patch test first in case it causes problems with scalp sensitivity and use sparingly to avoid a build-up which can make your hair hard to wash.

No weaves or protective styling that cause root tension

The additional tension on the roots of the hair caused by these styles can be detrimental to hair retention. Similarly, hair 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 make sure you use a method that will avoid additional tension or friction on the roots of your hair.



Scalp cooling haircare FAQs

03

How often can I wash my hair?

You should wash your hair less often than you did before you started chemo, and realistically, no more than twice a week. This is because chemotherapy will dry out your hair and scalp, which makes the natural oils on your scalp valuable. It can take a few weeks for your hair to start to dry out, so the aim is to find the sweet spot between not allowing your hair to get too greasy and unmanageable, and not washing it so often that it gets even drier.

I hate my natural hair texture; can I use heated styling tools?

There is no problem with using a hairdryer on a low and cool setting, but it's best to avoid heated styling tools such as flat irons, curling tongs and blow dry brushes – even on the cool setting. They can cause extra tension at the root of your hair, and the heat can cause

additional damage to your hair, which is already going through a lot. Try to embrace your natural hair texture if you can.

Lots of hair seems to come out when I wash and brush my hair, should I be worried?

Not at all. Daily brushing is a really important part of scalp cooling haircare. It may feel counterintuitive to take hair away, but it is essential that you remove any shed hair as it can easily lead to tangling and matting. If you brush gently, you will not remove any hair that wouldn't have come out anyway. The same with washing – it will liberate any shed hairs, which can be scary, but it's such an important part of haircare. Know that it may feel horrible to see your hair shedding, but it would be so much worse if your hair becomes matted and the only option is to cut it off.

What kind of hair products can I use while scalp cooling?

Hypoallergenic shampoo and conditioner are a great place to start. Any form of conditioning product such as oils, leave-in/spray-in conditioner or hair masks can be really useful, but products that can make your hair sticky such as mousse or gel should be avoided. You can read more here: coldcaphaircare.com/which-hair-styling-products-can-i-use-while-scalp-cooling

Can I dye my hair during treatment?

No, it is not recommended to dye your hair while you are receiving chemotherapy treatment. Chemotherapy will make your skin and scalp very sensitive, so introducing any of the chemicals in hair dye is not wise. It doesn't matter if it is naturally derived dye, box dye, or at the hairdressers. It isn't worth the potential reaction. Try to be patient. It is safe to dye your hair again once you have finished chemotherapy treatment and shedding has returned to a normal rate.

Can I tie my hair up when I'm scalp cooling?

Absolutely, but it is important not to create additional tension on the roots of your hair. A low ponytail, loose braid, or twisting your hair up with clips is fine.

My hair is lots of different lengths, what should I do?

There can be some tricky growing out phases where you have different lengths of hair. It's a good idea to talk to your hairdresser and figure out if there are options for managing the awkward stages, which will allow you to keep as much length as possible without feeling

like it looks uneven. Some people just go for cutting it all off, but a bit of patience can give you lots more options as the regrowth appears properly.

I've got patchy hair loss; how can I hide it?

Root touch-up spray or hair fibers can be handy tools for hiding patchy hair loss or thinning. Try to use them lightly so you don't struggle to wash them out.

Will getting my hair chemically straightened help with scalp cooling?

It is not recommended to chemically straighten or relax your hair in advance of scalp cooling. This has been suggested in the past to help with getting the cap on properly for people with curly or coily hair, but there are much simpler methods of achieving this without permanently changing your hair. The largest problem with chemical processes such as straightening is the damage they do to the hair, which will only be emphasized by chemotherapy. The potential risks of permanently straightening hair before scalp cooling heavily outweigh the benefits.

Can I use any products to encourage regrowth during scalp cooling?

There aren't any products available that can prevent hair loss due to chemotherapy, only scalp cooling can do that. Any hair growth product taken during chemotherapy will unfortunately not make any difference. Wait until you have completed your treatment to introduce any regrowth products. It is also important to understand that most regrowth products with active ingredients such as minoxidil, and supplements such as biotin, can take 6 to 9 months to take effect.



“

I was able to talk to people and not have to reveal that I was sick or in treatment unless I chose to.

Stephanie

Information for hairdressers

04

Visiting the hairdresser can feel like a welcome relaxing treat. You don't need to completely avoid the salon during scalp cooling, but it is important to share information with your stylist.

If you ensure you are transparent about your needs, your hairdresser can help to support you during your scalp cooling journey.

Download the guidance to share with your hairdresser to keep them informed at coldcap.com/information-for-your-hairdresser



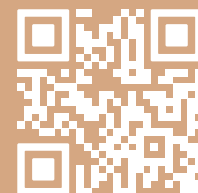
Post scalp cooling haircare guide

Well done for getting through chemotherapy and scalp cooling. Take a moment to recognize this milestone, it is no small achievement.

So, what can you do with your hair now that scalp cooling is finished?

Find out more at
coldcap.com/post-scalp-cooling-haircare

05



“

I loved taking care of my hair in a way I never used to, it felt almost like a rebirth of my hair.

Nilima

Here are the things you need to be aware of now that you are on the other side of the scalp cooling process.

Hair shedding can continue for some time

Don't expect shedding to stop on the final day of your chemotherapy. It can take a while for the drugs to work their way out of your body, and many people will continue to shed hair for several weeks. If you are still seeing elevated levels of shedding 12 weeks after your final chemotherapy treatment, it might be worth speaking to your healthcare team, as additional factors (such as low haemoglobin/anemia) can contribute to hair loss.

Regrowth is stronger, faster and healthier with the cold cap

By scalp cooling you have done everything you could to ensure the best possible regrowth. Depending on the drug regimen, some people may see regrowth before the end of their chemotherapy, for others it can take a little while. But it does come. There will be fluffy new hairs sprouting before you know it. It is completely normal to experience shedding and regrowth at the same time.

Losing brows and lashes post chemotherapy

This is very common. They hold on throughout chemotherapy treatment

and then when you've finally finished, they drop out. Nobody entirely knows why, but it is believed to be associated with the shorter growth cycle (around 100 days) of lashes and brows. The good news is they tend to grow back quickly, just be aware that losing lashes and brows 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 suddenly works as a style option again. For example, a bob may be possible rather than a pixie crop or some smart shaping by a hairdresser can keep your hair at a longer length.

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. There may not be a lightning bolt moment where you suddenly realize your hair has returned to normal shedding, but you may get to a point where you just don't notice it so much, which means you are probably back to normal shedding.

Return to your normal haircare routine once shedding returns to a normal rate post-final chemotherapy

Once you reach normal shedding you can go back to your normal haircare routine and introduce heated styling tools again. Just be gentle and go carefully, as your scalp may still be sensitive and the hair you have retained has gone through a lot. You should also be mindful that your hair may now be drier and more fragile than it was before chemotherapy, 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. It is also recommended to patch test any products you are introducing after chemotherapy as your skin and scalp may be sensitive to products, even those you used before treatment.

Retained hair is likely to be very dry

It's time to start focusing on improving the condition of your hair. Try masks, deep conditioning treatments, oils and products developed for dry and damaged hair. Give it some love! You may also see an improvement if you get a trim to remove any damaged hair. Hang on in there, it will get better.

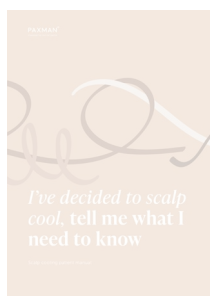
Be careful when it comes to dyeing your hair

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 dyeing 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 who is familiar with your situation. They should be able to tell you if your hair is in good enough condition, and it is imperative that they patch test in advance.

coldcap.com

facebook.com/groups/paxmanscalpcooling

01 | 02 | 03



PAXMAN[°]

CHANGING THE FACE OF CANCER

Email patient@paxmanusa.com

Paxman USA HQ Mon-Fri 9am-6pm EST

Tel 8885 PAXMAN (888-572-9626)

Email info@paxmanscalpcooling.com

Tel +44 (0) 1484 349444