

CARING FOR YOUR HAIR

in-between scalp cooling treatments

- Be gentle with your hair at all times
- Don't wash your hair immediately after scalp cooling, wait 24 - 48 hours (if you need to wash your hair immediately use cool water)
- Aim to wash your hair once a week with lukewarm water
- Use gentle shampoo that is sulfate and paraben free, e.g.: Professional hair salon products, or baby hair products (please check prior to using)
- Don't use a hair dryer or straightener
- Avoid harsh chemicals that can lead to dry hair and breakage such as hair colouring
- Limit brushing your hair and always use a wide tooth comb
- If your hair becomes tangled, use your fingers to comb conditioner through your hair. With dry hair, it helps to hold the hair above the tangles, so you don't pull on the hair roots
- Use scrunchies instead of hair ties
- Use a satin/silk pillowcase

"I have adapted all of the advice with a few extras. So far 90% plus hair retention and I'm thrilled!: No towels, dab (squeeze) excess moisture using kitchen paper towels - lightly stacked for 24 hours they dry and can be re-used several times (ecofriendly!)"

- Jennifer

"My hair has thinned out a little but no one would know. It has enabled me to go about my normal activities without worrying about wigs or head bands which I'm really grateful for. My tips would be to take Panadol thirty minutes before using the cap and place extra weights on top of the cap to ensure the cap touches the crown of your head."

- Lisa

Further information

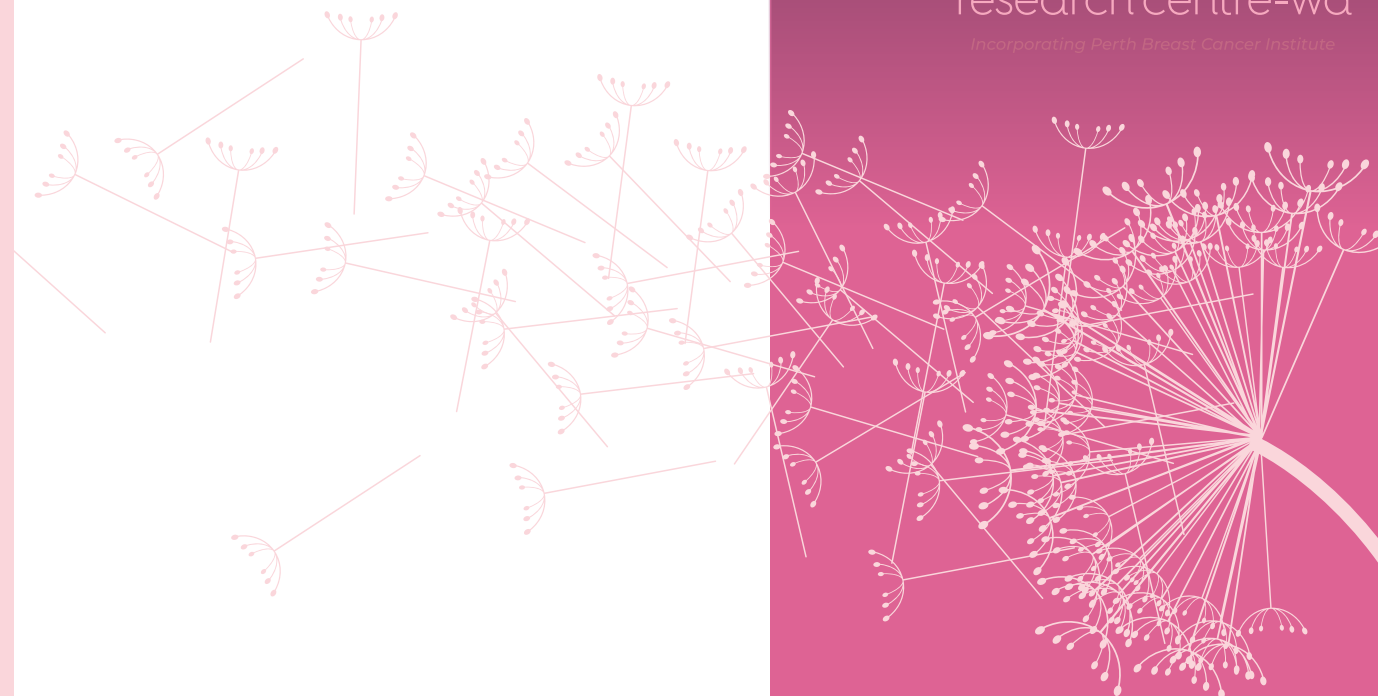
dignicap.com/patient-support-center/

Reference

¹ Our study publication can be found on the BCRC-WA website below:
bcrc-wa.com.au/wp-content/uploads/2020/01/BCRC-WA-Cold-Cap-Study.pdf



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A PATIENT GUIDE

to Scalp Cooling

One of the most common side effects of certain breast cancer treatments is hair loss (alopecia). This can be very distressing for patients and may lead to negative self-image and feelings of depression or anxiety. To help reduce chemotherapy induced hair loss there is a treatment that can be used called scalp cooling.

WHAT IS SCALP COOLING

and how does it work?

Scalp cooling works by lowering the temperature of the scalp before, during and after each chemotherapy treatment.

The scalp cooling machine is designed to circulate a cold gel around a tight-fitting cap that is worn during each chemotherapy treatment.

TREATMENT TIME

- The time for your treatment will increase when you use scalp cooling and will add up to two and a half hours in addition to the chemotherapy treatment time.
- The Scalp cooling starts 30-minutes before the chemotherapy infusion, stays on during chemotherapy and for 90-minutes after chemotherapy ends.

"It's cold especially for the first 15min but then becomes bearable and you forget about it."

– Sophie

FITTING OF THE SCALP COOLING CAP

- It is essential that the cap fits tightly over your head, making sure that the cap fits along the hair line and that there are no gaps between the cap and the scalp.
- If your cap does not fit well the cap size may need to be changed. Cooling caps that are not fitted tightly have been linked with more hair loss, often in patches where contact with the scalp is poor. If you do not feel your cap is fitted properly, ask your nurse to check the fitting.

USING THE BATHROOM DURING SCALP COOLING

- During your scalp cooling treatment, you are somewhat restricted from moving around. However, if you need to go to the toilet, the cooling cap will be disconnected from the cooling machine.
- When you first stand up, you may feel dizzy, so it is good to have a friend, or a nurse walk to the bathroom with you.
- Keep in mind that while you are not connected to the machine, the cooling cap will warm up. If this is less than 15 minutes, it shouldn't affect hair loss.

TO CUT OR NOT CUT YOUR HAIR

- Some women with long hair may decide to have their hair cut to shoulder length as they feel that the cap fits better. However, there is no evidence that the results of scalp cooling are better if the hair is short.

SIDE EFFECTS OF SCALP COOLING

- The scalp cooling cap will feel very cold when it is first put on and takes around 5 – 15 minutes for your body and scalp to get used to the level of coldness. Some women experience the feeling of cold for the entire treatment session.
- The cooling cap is fitted tightly, and this can cause discomfort during and after treatment.
- You may experience headaches/migraines, feeling faint, dizzy, and nauseous.
- The chin strap may also cause you some discomfort.

HAIR LOSS DURING SCALP

cooling treatment

People who use scalp cooling may still experience hair loss ranging from hair thinning to loss of 90% of their hair. There are different reasons for this, including the type of chemotherapy treatment and the woman's hair type. When effective, scalp cooling can lower the degree of significant hair loss, such that they did not need to use a wig or hair covering. Most hair loss occurs after the first two sessions of chemotherapy. A study carried out by the Breast Cancer Research Centre-WA identified that many patients expressed their satisfaction with being offered an intervention to minimise hair loss, thus, the majority of patients studied were satisfied with use of SC and would elect to use it again, irrespective of how effective the device had been. Further our study provided the percentage likelihood of retaining more than half of hair volume based on the chemotherapy regimen that women were recommended for. Thus, providing women with information as to whether they wish to use the device or not once they know which chemotherapy they are to receive!



BEING AS PREPARED AS POSSIBLE BEFORE AND DURING SCALP

cooling treatment

- Wash your hair prior to the day of your scalp cooling treatment as oily hair may affect the scalp cooling process
- Bring extra clothing/layers that you may choose to wear during your treatment, such as jumpers, cardigans, socks, and gloves
- Some people choose to take a dose of paracetamol about 30 minutes before scalp cooling starts, to help reduce the headache effect that they may experience
- Go to the bathroom before you get connected to the scalp cooling machine
- Ask the nurse to show you how to disconnect and connect the cap from the tubing
- Depending on your hair type, you may need to apply hair conditioner to help with cap application and removal. Conditioner may also help reduce tangling of your hair
- Use a soft headband underneath the scalp cooling cap to cushion your forehead and ears
- Bring a hat or head scarf with you to the hospital ready to wear when you go home
- Ask your nurse for a warm blanket