



## Chemo Cold Caps - Handy tips

### Hair Tips

Do not wash your hair for three days before and three days after your treatment.

If you need to colour your hair do so at least two weeks before your first treatment and *NOT AGAIN* until 3 months after the first round. This is not the time for a style change. No wigs or tight caps.

Wash your hair no more than twice a week during treatment. Use water that is cool or no warmer than your body temperature and use a mild shampoo and conditioner that contain **no sulfates or parabens**. Your hair will feel greasy at first but after about a week this will go away. You can use a little coconut oil if hair is dry. Be very gentle with your scalp. Do not scrub your head when you wash your hair. Avoid a high-power shower head. *Treat your head as you would a young baby.*

If you have long hair you can style the ends with a blow dryer, curling iron, or straightener. You want to protect your roots so do not tug with a brush. Gently use a wide tooth comb on wet hair and avoid tight hair bands and accessories.

Avoid direct sun light on the hair. Avoid swimming or at least protect hair from water and sun (no tight swim cap).

Sleep on a silky, satin pillow case (BCF can supply)

If you pull your hair back in a pony tail use a loose band or soft scarf and don't pull it too tight.

Following the end of treatment, when you see about the same amount of hair shedding as pre-treatment, you can resume your normal hair care.

### Treatment Day Tips

Eat breakfast and wear comfortable clothes.

Use a blanket or an electric blanket (if permitted) to help you stay warm during the day. Wear socks.

DRINK LOTS OF WATER! Try to drink 4oz (1/2 a glass) every 15 minutes. Use a straw if easier.

*The first 3 to 5 minutes of the cap application are the hardest. Stay focused and push through as the brain freeze feeling will ease. The straps will feel tight but necessary for maximum contact with the cap. Ensure that you feel full contact on the scalp with no air gaps. Let the nurse know if you think there is a space and if your forehead or ears feel sore or too cold as they may need further protection. You may not hear so well during treatment as the cap is over your ears.*

### What to expect

You will shed some hair and it may seem a lot but it is not. Don't get discouraged and think that it is not working as you will still have a lot of hair and only you will notice the loss.