

# Scalp Cooling Tips



## POINTS TO CONSIDER

- The treatment will increase your time in the chemotherapy unit by 2-3 hours
- The cap is very cold, you'll need to put up with this cold for up to 4 hours
- There is a chance that you could lose your hair if the scalp cooling doesn't work for you, or if you decide to stop the treatment part-way through. It's important to be prepared for this.

## PREPARATION

The effectiveness of scalp cooling can be affected by your current hair style, thickness, length and condition. You may need to prepare your hair in a certain way to ensure that the cap fits properly.

## YOUR KIT (to bring with you to appointments)

- **Water spray**
- **Conditioner**
- **Wide-toothed comb**
- **Soft fabric headband**
- **Gauze**
- **Blanket**
- **Loose scarf or hat**
- **Book or magazine**
- **A friend**

**Water spray, conditioner** and a **wide-toothed comb** will help to prep your hair before you put on the cold cap.

You might like to wear a **soft fabric headband** and put **gauze** under your chin, at your temples and over the tips of your ears, to ease the discomfort from the cold.

It is also a great idea to bring along a **blanket or warm woollen shrug**, a **loose scarf or hat**, a **book or magazine** to read and a **friend** to talk to and support you. They can also get you hot drinks if you need.

## DURING TREATMENT

It takes 15-20 minutes to get used to the coldness of the cap, so it is good to wait this long before deciding whether you want to stop the treatment. It is also good to remember that the cold cap can be unclipped from the machine for a short time for comfort breaks, or to stretch your legs.

## END OF TREATMENT

Once your session is done, the nurse will gently remove the cap.

Stand up slowly, allowing a few minutes for the warm air to circulate around your head. Your hair will be damp, so this is when you might like to use the scarf or hat that you brought along.

You can wash your hair very gently with mild organic shampoo and lukewarm water if you need, but you'll need to take care when combing or drying your hair. It is best to let it dry naturally, rather than using a hairdryer. Sleep on a satin pillow case where possible, as cotton ones can pull on your hair.

To view the instructional videos please visit [www.paxmanusa.com/patients/instructional-videos](http://www.paxmanusa.com/patients/instructional-videos)

SUPPORTED BY



If you have any questions on this, you can reach Breast Cancer Foundation NZ's qualified breast nurses on **0800 BC NURSE (0800 2268 773)**