

Hair Loss

Hair loss can occur 2-3 weeks following the start of treatment. Some patients will only have mild thinning of the hair, while others may experience complete hair loss. The hair will usually grow back after treatment has ceased, but it may come back as a different color or texture.

Hair Care

- Continue to brush or comb your hair daily but remember to do it gently using a wide-toothed comb or a soft hairbrush, such as one for a baby.
- If you usually tie your hair back use ribbons rather than elastic type bands which can easily damage the hair.
- Avoid subjecting your hair to excessive heat, for example hair dryers, hair strengtheners, heated rollers etc.
- Avoid using hair products that contain harsh chemicals, such as hair dyes, perms, gels, and sprays.
- Only use natural pH balanced herbal or vegetable based products which nourish and encourage healthy hair.
- Sleep on a pillow fitted with a silk/satin type pillow case and avoid your hair getting tangled.

Washing Your Hair

- When having chemotherapy/scalp cooling treatment, it is recommended to wash your hair 24 to 48 hours before treatment.
- Before starting scalp cooling treatment, you will have to wash your hair with water, dry with a towel and leave it wet.
- Try not to wash your hair for at least 24 hours following chemotherapy/scalp cooling treatment.

Aftercare

- When washing your hair always use neutral pH balanced or neutral.
- Always wash your hair with moderate and not hot water.
- Gently apply shampoo and conditioner to your hair, do not be aggressive.
- Let your hair dry naturally if possible or pat your hair dry using a soft

towel, do not rub it.

- If using a hair dryer use the cold air setting only and avoid rubbing your hair as you dry it.
- Try and limit the number of times you wash your hair to twice a week if possible.



Coloring Your Hair

It is not recommended to color your hair while having scalp cooling. If you decide to color your hair, it is recommended that you initially color your hair at least one week before starting your first chemotherapy/scalp cooling treatment cycle, ensuring to use only a non-permanent natural vegetable based product.

Hairdressers

Visiting your hairdresser while receiving chemotherapy/scalp cooling treatment is not advisable. However, if you feel you need to go to the hairdresser, maybe to have your hair cut, make sure they are fully aware that you are receiving chemotherapy and scalp cooling treatment by providing them with this information leaflet. Please be advised that should you choose to color your hair or visit your hairdresser this may affect the success of the scalp cooling treatment and lead to increased hair loss.



Caring for your hair when receiving chemotherapy/scalp cooling treatment

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