

will be able to read, sleep, eat and drink, and stand up for a stretch. In the event that you need to go to the bathroom, the cooling cap can be quickly and easily disconnected from the refrigeration unit; your scalp will stay at the desired temperature for 10 minutes without affecting the scalp cooling process. You will need assistance from your nurse to disconnect from the refrigeration unit.

General hair care:

- Your hair may be more fragile than usual due to the chemotherapy; using quality hair products and avoiding harsh chemicals may be beneficial. Talk to your professional hairdresser for further advice on the use of hair products; take this leaflet with you, so your hairdresser knows you are undergoing chemotherapy and scalp cooling therapy.
- Be gentle with your hair, but don't be afraid of brushing it. Don't be alarmed if some hair does come out when brushing; It is normal to lose some hair daily through the natural shedding process. It is a good idea to use a good quality brush as poor quality ones may snag and tear your hair.
- Avoid tying your hair back too tightly; use fabric hair bands; avoid elastic hair bands.
- Avoid using excessive heat such as hair straighteners; light drying of your hair with a hairdryer is OK.

Washing your hair:

- Please wash your hair either the day before or on the morning of your treatment.
- You can also wash your hair any time after your scalp cooling treatment.

In preparing this patient information brochure, Calvary Mater Newcastle acknowledges the following:

Paxman-Coolers. (2011). Orbis II Scalp Cooler: instructions for use (Issue 2). Retrieved 2nd February, 2014, from <http://www.paxman-coolers.co.uk/>

Macmillan. (2014). Scalp Cooling. Retrieved 15th July, 2014, from, <http://www.macmillan.org.uk/Cancerinformation/Livingwithandaftercancer/Symptomssideeffects/Hairloss/Scalpcooling.aspx>

Scalp Cooling Cap Sizes

Silicone cap size: _____

Neoprene cap cover size: _____

Sizing attended by: _____

Date: _____

Scalp Cooling Information Booklet



Calvary Mater Newcastle Hospitality
Day Treatment Centre

Monday - Friday 8:30am-5pm T: (02) 4014 3101

Ward 5B (after hours) T: (02) 4014 3825

Stewardship

Respect

What is scalp cooling and how does it work?

Many chemotherapy drugs used to treat cancer also attack healthy cells including the hair follicle, this can result in hair loss. Chemotherapy-induced hair loss can commence and continue at any stage throughout your treatment. It can have many negative effects on patients both physically and psychologically, and for some is regarded as one of the most distressing side effects of chemotherapy.

Evidence shows that reducing hair loss may be achieved by scalp cooling. Scalp cooling lowers the temperature of the scalp before, during and after chemotherapy. This reduces blood flow to the hair follicles, thus preventing or minimising the damage that chemotherapy would otherwise cause, and in turn, hair is less likely to fall out. Scalp cooling only protects the hair on your head; body hair, such as eye lashes, eye brows and other body hair, may still be lost. Any hair loss that is caused by chemotherapy is almost always temporary. Once your chemotherapy treatment is completed, your hair will normally start to grow back. At first, the hair is fine, but you will probably have a full head of hair after 3-6 months. You may find that the texture or colour of your hair is different, but this is often temporary.

Will scalp cooling work for me?

Your doctor has advised that you may benefit from scalp cooling. The success of scalp cooling greatly depends on your age, your chemotherapy treatment plan and your hair type. Scalp cooling is not effective with all chemotherapy drugs. It is most likely effective with the following chemotherapies, for example:

- cyclophosphamide,
- doxorubicin, epirubicin, daunorubicin,
- docetaxel and paclitaxel.

Complete hair preservation is not guaranteed, you may still experience hair loss. The most important factor with regards to the scalp cooling procedure itself is a well fitted cooling cap. Your nurse will determine the right size cap for you.

Scalp cooling is not suitable for everyone. It is not suitable in the following situations:

- Some haematological cancers such as myeloma or leukaemia.
- If you're having continuous chemotherapy through a pump for several days, as this makes it impractical to have scalp cooling.

- If your treatment includes chemotherapy tablets.
- If you experience severe migraines.

Are there any side effects of scalp cooling?

- The cooling cap that will be placed on your head will be at room temperature to begin with, but gradually over 5-10 minutes becomes cold. It is important to bring a jumper and/or blanket to the Day Treatment Centre as you may feel cold during your treatment. The cold feeling is bearable and less noticeable after 10-15 minutes.
- Headaches, nausea and discomfort of the cooling cap may occur; advise your nurse immediately if you have any concerns. You can choose to stop scalp cooling at any time if you find it too uncomfortable.
- Any area of your skin which may potentially touch the cooling cap will be protected e.g. forehead or ears.
- There is no evidence to suggest that scalp cooling reduces how effective your chemotherapy treatment will be.

What does scalp cooling involve and how long are the caps worn?

Scalp cooling is performed every time you have chemotherapy. There are two caps, an inner cooling cap and an outer cap cover. These

caps are firmly placed on your head and a cooling fluid is constantly running through the caps. The caps will be worn for 30 minutes before commencing your chemotherapy, during your chemotherapy infusion and for approximately 2 hours after your chemotherapy has finished. It is recommended that the hair underneath the cooling cap be lightly dampened with water and a small amount of conditioner applied before putting the caps on as this will assist with the application and removal of the cap. Your hair should also be combed using a wide tooth comb before applying the caps.

Do I need to bring anything with me to the Day Treatment Centre?

- Warm clothing and/or blanket.
- Light head covering (e.g. cotton scarf) to wear home after your treatment if you choose.
- A wide toothed comb.
- Your own hair conditioner if you wish, otherwise a light spray on conditioner is available in the Day Treatment Centre.

Can I walk around during scalp cooling, are my movements restricted?

It is recommended that scalp cooling is an uninterrupted process. You should remain attached to the small refrigeration unit at all times. You can sit or lay back in your chair; you