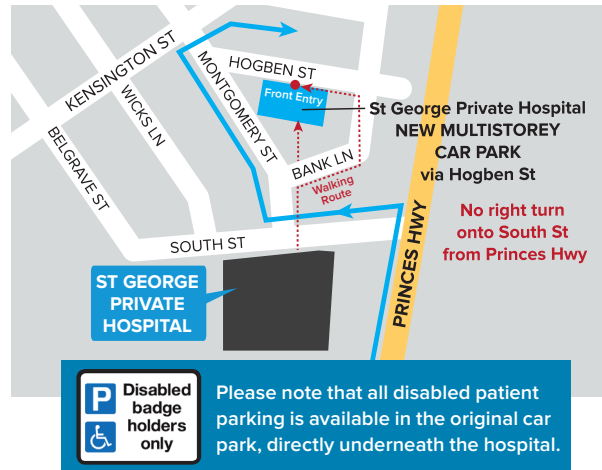


Further information

www.paxman.com

Chill – Cancer related hair loss

<https://www.scalpcooling.org>




**St George
Private Hospital**
Part of Ramsay Health Care

1 South Street
Kogarah NSW 2217
Ph: 02 9598 5310 Fax: 02 9598 5259
stgeorgeprivate.com.au



St George
Private Hospital

Scalp
Cooling

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Hair loss is one of the most distressing side effects of some chemotherapy drugs. Chemotherapy drugs can damage healthy hair follicle cells causing partial or complete damage of the hair root which results in weakening or fracture of the hair shaft.

What is scalp cooling?

Scalp cooling aims to reduce chemotherapy induced hair loss by causing vasoconstriction, (reducing blood flow) to hair follicles, thereby reducing the amount of chemotherapy drug delivered to the scalp.

How does it work?

The Orbis II Scalp Cooler (Paxman®) is a compact refrigeration unit that circulates a refrigerated liquid coolant, through a special cooling cap that is positioned on the patient's head.

Important points

- Scalp cooling is not indicated for all patients having chemotherapy and your specialist and nurse will discuss this with you.
- It is important to have realistic expectations of the procedure and its outcomes. It cannot be guaranteed that scalp cooling will prevent all patients from losing any or all of their hair. The aim is to prevent as much hair loss as possible. Success rates vary from patient to patient and with different drug regimens being administered.
- A certain amount of hair loss will occur between treatments, most loss after the first treatment but the loss does decrease after the first treatment.
- Regrowth is usually more vigorous after scalp cooling, but may commence whilst on treatment.
- You can go to the restroom during your cooling period.
- Scalp cooling will increase your time at the hospital due to pre and post cooling times required.

Other effects

- You will feel cold. This discomfort usually lasts for the first 30 minutes. It is recommended to dress warmly (layers).
- You may experience a headache. You will be given a premedication of Paracetamol at the start of the procedure. Wearing a headband across the forehead creates a barrier between the cap and the patients skin.
- At the end of the post infusion period you may feel light headed or nauseated. It is advisable to remain seated for a short period after removal of the cooling cap.

Hair Care

- Discuss this information with your regular hair dresser
- Keep your hair at shoulder length prior to commencing
- Continue hair care practices for 6-8 weeks after the last treatment
- You may have a gentle trim during treatments if you want to.

Washing Hair

- Be as gentle as possible during washing with tepid water and limit washing to twice per week. Wash your hair 24-48 hrs before the cooling and do not wash for 24hrs after the cooling treatment.
- Use a gentle shampoo and conditioner which are natural pH 5.5 balanced or herbal products.
- It is preferable NOT to use a hair dryer. Let the hair dry naturally or pat dry with a cotton towel. Regular towels can be abrasive.
- Use a wide tooth comb.
- Avoid rubber or tight hair bands.

Colouring hair

- You may colour your hair if desired, using non ammonia based colourant and ideally one week before treatment.

DO NOT

- Use hair products with strong chemicals
- Use high heat hair dryers, hair rollers or straighteners
- Baby shampoos (alkaline)
- Perm or plait the hair.

Consult your hairdresser for information and management of hair during scalp cooling.

Online videos are useful in helping you make the decision on scalp cooling.

