Scalp Cooling

Some chemotherapy medicines can cause hair loss. This side effect depends on the kind of treatment you are given. You are more likely to lose hair from your head than from other parts of your body. This is because scalp hair grows faster than other body hair. At times, chemotherapy may also cause body and facial hair loss.

Scalp cooling is a process used to cool your head before, during and after your chemotherapy. A cooling cap is put on your head to try to stop or limit hair loss caused by chemotherapy. Scalp cooling protects the base of the hair shafts, which helps reduce the damage that chemotherapy can cause to your hair follicles. By lowering the temperature of your scalp, the blood flow to the area around the hair follicles is reduced, which may help to prevent or limit hair loss.

I am interested. What do I do next?

If you are interested in scalp cooling, talk to your doctor. Your doctor will talk with you to determine if this treatment is right for you. If you decide to use the cooling process, you will be measured for the correct cap size. Your nurse will send this information to the scalp cooling cap company (Paxman). Scalp cooling is an out of pocket cost and will vary based on your treatment schedule. The maximum lifetime cost for scalp cooling will not exceed $2,200. The hospital will charge a $25.00 service fee each visit for providing this service at our facility.

After Paxman has received your payment, a kit will be mailed to your home. This kit includes the following:

- Scalp cooling cap
- Cooling cap cover
- Headband
- Spray bottle to dampen your hair before you put on your cap
• Detangling hair brush
• Shampoo and conditioner
• Instructions with specific hair care information
• A towel to dry your hair and to dry the cap after each treatment
• Pay-for-use token to use the cooling system for your treatments

It is important for you to read all information and be comfortable with the scalp cooling process before your first cooling treatment. Paxman has created 5 step-by-step videos to help you understand your part with the cap cooling process. We encourage you to watch each video 3 times before your first treatment. To watch these videos, visit: https://www.paxmanusa.com/patients/instructional-videos/

Bring all of your scalp cooling supplies with you for each treatment. These items will be needed for all of your scalp cooling sessions.

What to Expect the Day of Treatment

When you arrive for your chemotherapy treatment, a member of your health care team will coordinate the time for you to start the scalp cooling treatment. We encourage you to bring someone with you to your treatments to help with this process.

Follow these steps to prepare for your scalp cooling treatment:

1. Use your spray bottle or water from the sink to wet you hair. **You only need to dampen the area of your hair that directly covers your scalp.**
2. Put on the conditioner as directed.
3. Put the headband on over your forehead and in front of your ears. Smooth back all of your hair, including the hair behind your ears, to make sure the cap fits correctly.
4. Put on the blue cap. The cap should cover your entire hairline. Tuck any extra hairs behind your ears and under the cap. The blue cap may not completely cover the area above your ears.
5. Put on the gray cap cover on top of your blue cap. Tighten the strings and chin strap to make sure the cap fits firmly around your head.

When you have completed these steps, your nurse will help you connect to a scalp cooling machine and scan your pre-paid token that was included in your package.

Scalp Cooling
Phases of Scalp Cooling

- **Phase 1** (pre-cooling) – this period happens before your treatment starts. You must remain connected to the cooling machine for 30 minutes without stopping. Once the pre-cooling phase is completed, you may be disconnected from the machine for no more than 10 minutes at a time. **If you have thick hair, you may need to add an extra 15 minutes to the pre-cooling phase.**

- **Phase 2** – this is a continuous cooling period of your scalp during the remainder of your chemotherapy treatment.

- **Phase 3** (post-cooling) – this period can last between 30 to 90 minutes, depending on your treatment schedule.

Hair Care Tips

- Only wash your hair once each week. It is okay to wash your hair if the one time is on the day of your treatment.

- Brush your dry hair before you wash it.

- Wash your hair with lukewarm water.

- Use a mild shampoo or the shampoo in your package to wash your hair.

- **Do not** use shampoos with perfumes or preservatives.

- When you wash your hair, keep it out straight. **Do not** pile your hair on the top of your head when you mix in shampoo or conditioner.

- Use conditioner after every time you wash your hair.

- On a regular basis, use a wide-tooth comb or the brush in your package to gently brush your hair.

- **Do not** use permanent or temporary hair coloring or other harsh hair care products.

- **Do not** use hair dryers, straighteners, rollers, curling irons or any excessive heat on your hair.

- Stop going to your hair stylist or hairdresser while you are having scalp cooling.

- **Do not** wear hats, scarves, hair ties, headbands or other hair accessories.

- After your chemotherapy treatments and scalp cooling are completed, you should continue to be gentle when you care for your hair.

Scalp Cooling
What else should I know about scalp cooling?

- You may still have hair loss during or after chemotherapy. However, patients who use scalp cooling have less hair loss.

- Scalp cooling is not for everybody. Other options for hair loss may include wigs, scarves, hats or other head coverings. There are many styles available at many different prices. Check with your health insurance company to find out what coverage you may have for these options. It is important to talk with your health care team to determine the best time for you to select a wig. The James Cancer Hospital has a special store called **Hope’s Boutique, located in The Stefanie Spielman Comprehensive Breast Center at 1145 Olentangy River Road, Columbus, OH 43212.** To make an appointment call (614) 293-9393.

- The James Cancer Hospital also offers the program **“Look Good, Feel Better”** sponsored by the American Cancer Society to help patients feel their best during chemotherapy. For more information, call 1-888-227-6446.

- You may get a headache during your scalp cooling treatment.

- It may help to bring layers of clothes to keep you warm during your treatment.

- Not everyone can use scalp cooling. If you have cold sensitivity, cold agglutinin disease, cryoglobulinemia, cryofibrinogenemia, you should not use scalp cooling.

For more information on scalp cooling, talk with your doctor to make sure it is the right choice for you.