

# Scarves and Head Coverings for Hair Loss

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You may wish to wear wigs, scarves, hats or other head coverings if you have hair loss due to cancer treatment. Many people have hair loss from either chemotherapy or radiation therapy. Head coverings can keep you warm by preventing the loss of body heat and help you maintain your usual appearance.

## How do I get wigs and head coverings?

If you wish to buy a wig, talk to your doctor about a prescription for a “cranial hair prosthesis”. Check with your health insurance company to find out what coverage you may have for a wig. Wigs can be obtained from specialty stores. There are many styles available at many different prices. It is best to shop for a wig before you lose your hair so it is easier to match your hair color and style. Hats, turbans and scarves also make good head coverings. These are often lower in cost. **Remember all head coverings should be kept clean.**

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. It offers wigs, head coverings and hair accessories. For more information, please call (614) 293-9393. Your social worker or nurse can provide you with more information about head coverings and financial resources to cover the cost.

## Can I wear a scarf?

Some women like to wear scarves. These can be worn several different ways. Buy scarves made from cotton, loose woven linen, challis and gauze. You may want to avoid fabrics like rayon, silk and polyester that can slide off your head.

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

## What size scarf should I use?

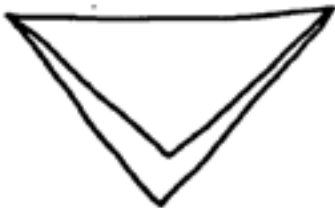
A coat size scarf that is 4 feet by 4 feet works well. Once folded in half to make a triangle, there is plenty of fabric for coverage, volume and wrapping the ends securely in place.

## How do I wear a scarf?

Here are three different ways you can wear a scarf. You can try other ways too.

To start, learn the basic folds:

### Square into a triangle



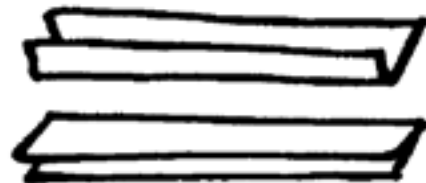
### Square into an oblong

- Place square scarf on flat surface.
- Fold points toward center to desired width.



### Oblong

- Place oblong scarf on flat surface.
- Fold to desired width.



## Ways to Cover Your Head

- **Back tied wrap:** Fold a square scarf into a triangle. Pull the front of the scarf over your forehead, and then knot the ends over the point of the triangle.



- **Rosette turban:** Place oblong scarf on your head with both ends at your ear. Knot and then twist the ends together. Circle twist around the knot. Tuck ends under rosette to secure.



- **Head wrap around:** Fold a square into a triangle and place on your head. Cross the ends in front and bring to back and tie scarf over the point. For another look, tuck the ends under your chin.

