



# 10 THINGS TO KNOW ABOUT SCALP COOLING

PAXMAN<sup>o</sup>

CHANGING THE FACE OF CANCER

## 10 things to know about scalp cooling...

### 1. Get to know the scalp cooling process before your first treatment day

you will find a wealth of information on [coldcap.com](http://coldcap.com) or in our patient brochure that will help you to feel as prepared as possible.

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### 2. A good cap fit is so important

ensuring that your cap provides a consistent all over fit is the most important thing you can do for the best possible hair retention. For guidance on how to achieve a great fit, either by yourself or with assistance, please watch our tutorial videos on [coldcap.com](http://coldcap.com)

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### 3. There are no guarantees

scalp cooling doesn't work for everyone. It would be wonderful if you didn't lose a single hair on your head, but even the people with the highest levels of retention will see hair loss. Hair loss will vary from person to person and can be dependent on the drugs you receive. Remember, without scalp cooling, you would most likely lose the vast majority if not all of your hair. Look at our decision-making guide on [coldcap.com](http://coldcap.com) to get an indication of the retention you could see with the drug regimen you will be receiving.

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### 4. The first 15 minutes can be tough

the cold can be very intense, but your body will acclimatise. The large majority of people find that they soon feel numb rather than very cold and that scalp cooling is completely manageable. Distractions can really help during the first 15 minutes, and making sure that your forehead is protected from direct contact with the cap can make the cap much more bearable. See our hints and tips video for more help.

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### 5. It is important to have the right pre and post infusion cooling times

30 minutes pre-infusion time (45 minutes if you have very thick hair) and up to 90 minutes post-infusion time. This is to ensure that your scalp is at the correct temperature when the drugs are administered, and while the drugs are at their most powerful in your body. Check our infusion time chart for more guidance on cooling times.

## 6. Be realistic in your expectations

if you are on an anthracycline based regimen, you are highly unlikely to see the same levels of retention as someone receiving taxane based drugs. Look at our patient stories or our Facebook Group and see if there is someone on a similar regimen to you, their retention may be a realistic indicator of what you can expect.

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## 7. Shedding doesn't mean that scalp cooling isn't working

shedding begins for everyone between days 14 and 21 after your first treatment. This does not mean that scalp cooling has failed. Shedding is almost always heaviest after the second and third rounds, so don't lose faith.

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## 8. Caring for your hair while scalp cooling is really important

it will involve a change in your normal routine. **We have hair care guidance for those with type 1 & 2 and type 3 & 4 hair.** Following this guidance will make the experience more manageable and ensure that the hair you do retain is in the best possible condition once you complete treatment.

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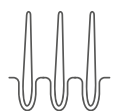
## 9. Scalp cooling helps to promote regrowth

even if you are disappointed by the amount of hair you retain, you should seriously consider continuing to scalp cool – studies have shown that scalp cooling encourages, faster, healthier and stronger hair regrowth, no matter how much hair you retain.

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## 10. You don't have to stop scalp cooling due to hair loss

as long as any bare scalp is protected from direct contact with the cap (with a theatre cap, gauze if you have patchy hair loss, or by arranging any retained hair you do have), it is perfectly safe to continue to scalp cool. We have had patients start scalp cooling after complete hair loss to encourage regrowth.





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