

# Medical Oncology

## Hair Loss Information Sheet

### Gentle Tips – Before Hair Falls Out and During Hair Regrowth

- Wash your hair with a mild shampoo and pat dry with a towel.
- Use a soft-bristle brush or a wide tooth comb and avoid too much brushing or pulling of hair.
- Do not use hair dryers (or keep it on cool setting and at least 4 inches from head). Do not use electric rollers, straightening or curling iron.
- Avoid clips, elastic bands, hair sprays.
- Avoid coloring or other chemicals on the hair for two months after completing chemotherapy. If you choose to color your hair, the color may be different than expected.
- Use a cream rinse to help remove tangles.
- Sleep on a satin pillow.
- Some patients may choose to cut their hair short prior to the start of treatment.

### Tips – After the Hair Falls Out

- Protect your head from the sun. Use sunscreen or wear a hat when outside. Note: A silk scarf does not protect your head from the sun.
- Protect your head from the cold by wearing a hat or scarf.
- Wig caps can be worn under a wig to help keep the wig in place and it is not as hot.
- Sleep on a satin pillowcase or wear a soft scarf when sleeping.
- Wash your head with sensitive skin facial soap and moisturize.
- Massage your head routinely.

Hair loss can be one of the hardest side effects because it can impact your self-image. It is natural to be anxious about the change in your appearance. If a wig is an option, consider getting one before you begin chemotherapy. This will allow you to match your original hair color and style. Caps and scarves may also be a good option for you. Hair may fall out unevenly. Some people cut their hair short or shave their head prior to the start of chemotherapy.

Ask your nurse or social worker about a list of local wig providers, including free wigs and discounted wigs.

See the *Chemotherapy and Immunotherapy Patient Guide* book for more information.

If you have questions or concerns, please call your care team at:  
Bronson Cancer Center – Battle Creek 269-245-8660  
Bronson Cancer Center – Kalamazoo 269-286-7170