Hair Care Recommendations
During Scalp Cooling

DIGNICAP®
Hair loss is no longer inevitable

The DigniCap® Scalp Cooling System reduces the likelihood of chemotherapy-induced hair loss in men and women with solid tumor cancers such as those associated with breast, prostate, ovarian, uterine, lung and other tissues.

Most patients who use DigniCap® will see a significant reduction in the amount of hair loss from chemotherapy. However, shedding should be expected and is completely normal for patients using scalp cooling. The amount of shedding experienced will vary from patient to patient.

Chemotherapy may cause scalp irritation, make the hair dry, brittle, and more difficult to manage. Handling your hair gently during treatment and for several months after you complete your chemotherapy regimen may help reduce the amount of shedding and maintain your hair quality.

FDA cleared for men and women with solid tumor cancers

Additional Resources

Additional information on scalp cooling and recommendations for hair care may be found on other websites such as:
www.rapunzelproject.org
www.hairtostay.org
www.breastcancer.org

Patient Support

Our top priority is ensuring that you are supported throughout your treatment with DigniCap.® Our patient support team will promptly respond to your inquiry through any of these channels:

Web: dignicap.com/helpdesk
Email: support@dignicap.com
Phone: 877-350-2150
Mobile App: Apple or Android free download

No scalp cooling system can guarantee results. Even when using scalp cooling most patients experience some degree of hair loss during chemotherapy. The outcome of scalp cooling is dependent on several factors including the chemotherapy regimen, dosage, duration of infusion, drug metabolism, and concomitant comorbidities. Your clinician can tell you if scalp cooling is typically successful with your treatment

Available on the iPhone App Store
ANDROID APP ON Google play

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www.DigniCap.com

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Washing Your Hair

Handle your hair gently throughout treatment

- Wash your hair at home prior to the scalp cooling /chemotherapy session as oily hair may affect the thermal contact.
- Do not use conditioner on the day of your scalp cooling treatment.
- Wash hair no more than twice a week.
- Use lukewarm water and avoid hot water and high pressure shower heads on your hair.
- Comb your hair with a wide tooth comb before washing to remove any loose hairs and prevent tangles or matting afterwards.
- Gently use the palms of your hands instead of finger tips to wash your hair and scalp.
- Continue limited hair washing until shedding has returned to normal pre-chemotherapy levels after treatment is completed.

Styling Your Hair

- Avoid applying heat to the roots of the hair with appliances such as blow-dryers, curling irons, flat irons and hot rollers. These can be used on longer hair if the scalp is avoided.
- Let your hair dry naturally as much as possible.
- Comb your hair twice a day using a wide tooth comb instead of a brush.
- It may be helpful to simply use your fingers to gently comb through your hair instead of using a comb.
- It is IMPORTANT that any loose hairs are removed to prevent hair from matting.
- Hair accessories that pull on the hair should be avoided. Loose pony tails, loose buns, braids and soft headbands are okay.

- Cutting your hair short before chemotherapy is not necessary for scalp cooling purposes. If desired, you may trim your hair at any point during treatment. Do not cut in layers as this will thin your hair.
- Using hair oils to keep the hair soft is recommended. Coconut oil and olive oil are good choices as well. Chemo drugs can cause hair to become dry and brittle.
- Avoid direct sunlight on your scalp. Wearing straw hats or loose baseball caps are ok for short periods of time.

Avoid Chemicals

Harsh chemicals can lead to dry hair, breakage, progressive hair thinning and hair loss

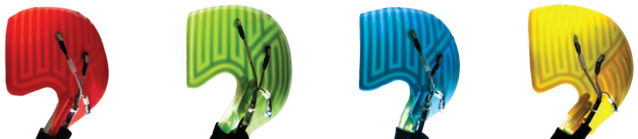
- Do not use peroxides to color hair.
- Refrain from perms to curl or straighten hair.
- Avoid parabens such as methylparaben and propylparaben that are commonly used as preservatives in hair products.
- Do not use sodium laurel sulfate a foaming agent that will remove natural oils in the hair.
- Stay away from silicones that are commonly used to tame or de-frizz the hair.

Hair Shedding

Shedding is losing a larger amount of hair than what is typical for you

- The majority of hair shedding usually occurs after the first and second infusions.
- It is likely that you will have a heavy shedding phase roughly 18-21 days from the first chemotherapy date. During this heavy shedding phase it is recommended that you finger comb or run a wide tooth comb through your hair twice a day to remove any loose hairs and prevent matting.
- You should not wash or get your hair wet if it is shedding heavily. Wait for shedding to slow down, comb it well, and then wash.
- Patients with extra thick, curly hair may have more shedding at the beginning of chemotherapy because their hair acts as an insulator and makes it harder to cool the scalp.
- When shedding, comb your hair with a wide tooth comb or use your fingers to comb through to remove the loose hair from the scalp before it gets tangled in the rest of your hair.

Hair Matting

Matting is caused by loose hairs getting tangled in the rest of the hair

- Try lightly wetting the matted area with a spray bottle and apply large amounts of conditioner or essential oils.
- Have someone else try to work through your hair section by section with a wide tooth comb or flexible brush or fingers.
- Some patients have found it helpful to have a hair stylist work through any matted hair or clumps for them.