

## Hair Loss and Re-Growth



### **INFORMATION FOR PATIENTS**

### **ABOUT**

### **Hair Loss Support Services in Cancer care**

This information is available in other formats on request. Please ask your nursing staff to arrange this

## **Hair Loss and Re-Growth**

Hair is an important part of your appearance and self- image. You will probably feel shocked, anxious and angry at the thought of losing your hair.

The Hair Loss Support Team at the Sir Robert Ogden Macmillan Centre are here to help you. We offer scalp cooling, wig fitting, a range of affordable head wear and a hairdressing service providing advice and consultation from initially losing your hair to when your hair grows back.

### **Losing your Hair**

Hair loss is likely to occur over a period of 2-3 weeks after starting your treatment. Hair loss can happen more quickly depending on the treatment you are having.

You may experience your scalp becoming tender as the hair gradually falls out, this is normal. You may find applying a cold, wet flannel can relieve this tenderness.

You may find more hair on your pillow and more than normal in your hairbrush. When this begins, you may find wearing a soft towelling turban to collect the hair a good idea. You may also consider having your hair cut shorter before treatment commences, particularly if you have long hair.

If your scalp becomes dry, flaky or itchy, natural oils may be massaged gently into the scalp. Our hairdresser can offer advice with regard to safe products to use.

## **When Your Hair Grows Back**

Hair grows back very fine at first then becomes stronger and thicker as time goes on. You may have a full head of hair in just 3-6 months after treatment. There can be a number of differences between your new hair and the hair you had before treatment. It may even be curly when it was previously straight! In most cases your hair will revert, over time, back to its pre-treatment condition and natural style.

## **Colouring your new hair**

As your new hair grows, you may notice a difference in colour. Current guidance suggests waiting 6 months post treatment before permanently colouring your hair. This is due to the new hair being fragile and the scalp being sensitive.

If you really want to colour your new hair, you could put a semi-permanent colour on. Choose a product that does **NOT** contain ammonia or peroxide – these are readily available. Our hairdresser can give you advice.

You must do a sensitivity test 48 hours before you apply the colour to make sure you do not have any reaction to the product.

You should NOT apply the colour if you have a dry, sensitive or flaky scalp or if your hair is fragile (if it feels brittle or breaks easily).

## **Further Information**

If you would like further information on the range of hair loss services we provide please see overleaf or contact the Sir Robert Ogden Macmillan Patient Information and Health and Wellbeing Manager. Direct line: 01423 55 7317

## The Wig Service

The Orthotics Department based at Harrogate District Hospital provides a consultation and wig fitting clinic. This is carried out by Hair Plus on Wednesday afternoons between 2.00 – 5.00 pm. The service is held in the Arkendale Room within the Sir Robert Ogden Macmillan Centre. To arrange an appointment please contact the Orthotics Department. Direct line: 01423 55 3445.

## S.A.S.H. (Scarves And Stylish Headwear)

You will be welcomed by friendly, skilled and experienced volunteers who can provide practical help and advice in choosing and wearing a wide range of headwear. The service is held each Wednesday afternoon between 2pm - 4pm in the Ripley Room within the Sir Robert Ogden Macmillan Centre. There is no need to book, just call in.

## Hairdressing service

We offer valuable information and advice on how to style and care for your hair when treatment ends and the recovery period for your hair begins. Our fully trained hairdresser specialising in organic hair care for cancer patients is available to provide support and advice through one to one consultation here in the Sir Robert Ogden Macmillan Centre. Direct Line: 01423 55 7300

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