

Information centre

We offer an excellent wig fitting service and access to 'Look good, feel better'. If you would like further information regarding these services, please visit our information centre in department 2.

Opening hours: 9:00am - 4:00pm, Monday to Friday.

Contact: **0161 446 8100**

Maggie's centre

The centre provides a full programme of practical and emotional support, including psychological support, benefits advice, nutrition and head care workshops, relaxation and stress management.

Contact Maggie's on **0161 641 4848**, just drop in or email manchester@maggiescentres.org

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact patient.information@christie.nhs.uk

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.



Contact The Christie Hotline for
urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week

Chemotherapy department

Scalp Cooling

What is scalp cooling and how does it work?

Scalp cooling can reduce hair loss caused by chemotherapy. Scalp cooling works by lowering the temperature of the head and scalp immediately before, during and after the administration of chemotherapy. This in turn reduces the blood flow to the hair follicles, thus preventing or minimising hair loss. However, prevention of any hair loss is not guaranteed.

What does scalp cooling involve?

Your scalp needs to be cooled from its normal body temperature. This process involves placing a cap attached to a cooling machine on to your head 30 minutes before the chemotherapy is given to you. It will stay on while the chemotherapy is being administered and for a set time following the infusion (depending on the drug).

Scalp cooling can be stopped at any time if you want it to, but once you have discontinued the scalp cooling it is not possible to restart cooling at a later date. This will not affect your chemotherapy being administered - it will continue according to the regime. The scalp cooling may also be discontinued for medical reasons, for example, if you become hypothermic.



Before starting treatment

- measure cap size
- dampen the hair
- apply a small amount of conditioner to your hair
- put the hair band on, covering the ears and forehead, but not the hairline
- apply cap
- start cooling

What does it feel like?

Once the cap has been fitted, the machine will start to circulate the coolant fluid in the cap. It can feel extremely cold and may cause some discomfort. After about 10 - 20 minutes it is reported that the feeling reduces to being tolerable. There can be a variable cooling period before you have your chemotherapy. The time may depend on the thickness of your hair.

Scalp cooling is not suitable in the following circumstances:

- you have haematological cancers such as myeloma, leukaemia or lymphoma
- you are having chemotherapy for several days
- you have severe migraines
- you did not use scalp cooling during your first cycle of chemotherapy
- if there is no evidence supporting the use of scalp cooling for your chemotherapy*
- if you have a pre-existing condition such as Raynaud's
- if you already have peripheral neuropathy

*There are a number of reasons why we cannot offer scalp cooling for other treatments. We will only offer this treatment when there is a clear documented evidence that scalp cooling will reduce hair loss with the type of chemotherapy you are receiving.

Capacity

Due to having a limited number of treatment slots for scalp cooling, you

may be offered an alternative treatment day in order to accommodate the use of the scalp cooling machine.

After care

Your hair will feel damp. However, we do not have facilities for you to dry your hair. It is therefore recommended that you bring a scarf or hat to wear to keep your head warm while travelling home.

You need to treat your hair as gently as possible whilst on chemotherapy and use a gentle shampoo and conditioner. You should avoid heated appliances e.g. curling tongs or straightening irons, but you can gently dry your hair with a hair dryer on a cool setting. You should only use a minimal amount of hair styling products, if necessary.

Keep track of your size (please circle)

Inner:

XS S M L XL

Outer:

XS S M L XL

Things to remember to bring with you:

- soft headband
- conditioner, if preferred
- wide toothed comb
- hat or scarf to wear when going home
- extra layers for warmth