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HAIR LOSS (ALOPECIA) MANAGEMENT

HAIR LOSS:

Can occur with certain chemotherapy drugs or radiation therapy to the head.
Other areas of the body may be affected while you are receiving chemotherapy.
Hair loss associated with chemotherapy is temporary.
Can occur within a few days or months after treatment.
Hair may fall out in clumps, or you may have gradual thinning.
When hair grows again, may be different color or texture.

PLAN AHEAD:

If you plan to wear a wig, contact a wig salon and obtain a wig before you begin to lose your hair.
Consider obtaining a wig as close as possible to your hair color and style prior to hair loss.
Be sure to obtain a prescription for your wig, as it is often covered by insurance.
If you want to experiment, use this opportunity to create an exciting new look!
Scarves, hats, and turbans are become very fashionable, and can be obtained in many styles.
Consider cutting your hair, prior to treatment. It may be less shocking to lose short clumps of hair.

BE GENTLE WITH HAIR CARE:

Use mild shampoo to wash your hair.
Brush your hair gently.
Consider cutting your hair, as short hair may look fuller than longer hair.
Consider shaving your head to reduce itchy, irritated sensation as hair falls out.
Wear a hat or sunscreen when in the sun. Your scalp will be very sensitive.
Avoid drying hair with a hair dryer, or use on low setting.
Avoid curlers, curling irons, hair sprays, dyes, or perms.

COPING:

Focus on making yourself comfortable with your appearance during treatment.
Both men and women report hair loss as one of the most feared side effects of treatment.
Consider consulting a cosmetologist or personal enhancement center available at many institutions.