

# Managing Hair Loss During Cancer Treatment



## Before Treatment:

- Prepare for Shedding:

While you cannot prevent hair loss, you can manage its impact. Shower at night to minimize daytime shedding and sleep in a satin head wrap to contain the hair. Wearing smooth fabrics like satin, silk, or polyester can help prevent shedding hair from sticking to your clothes more than cotton or cotton blends.

- Reduce Tenderness:

Hair loss can cause scalp tenderness. Cutting your hair shorter can reduce the weight and lessen this discomfort.

## During Treatment:

- Shaving Your Head:

If you decide to shave your head, do not shave down to the scalp. Use clippers with the lowest plastic guard (1/4 inch) to avoid infections and ingrown hairs.

- **Wigs and Headwear:**

Shop for wigs before you shave your head and practice wearing them to get comfortable. Save a lock of your hair in a zip lock bag for color matching if you plan to return to your natural color.

- **Daily Care:**

Continue showering at night and wearing a turban to manage remaining hair.

## | After Treatment:

- **Scalp Care:**

Protect your scalp from the sun with sunscreen, especially if your wig or hat is not opaque. Be kind to your scalp and use skin care products to keep it healthy. A turban can also help keep these products off your pillowcases and provide temperature control if your bare head feels cooler at night.

- **Regrowth Period:**

Use a dry brushing routine and keep your hair neatly trimmed until it provides enough coverage before focusing on length. Letting the front grow a bit longer than the back and sides can create a more natural look. Hair grows about half an inch per month, so by six months, you might feel ready to go without a wig.

By following these steps, you can manage hair loss more comfortably and prepare for your hairs new phase with confidence.

# Scars and Cosmetics: An Informational Guide During Cancer Treatment



## Cleared for Cosmetics:

Before resuming the use of cosmetics, including makeup and sunscreen, consult with your treating physician. Typically, you can start using these products around two weeks after your procedure, provided there are no open wounds, sores, or oozing. Once you have your doctor's approval, you can safely use cosmetics and sunscreen. Until then, protect your skin by using physical barriers like a hat or visor to avoid direct and indirect sun exposure.

## Sun Protection:

Sun protection is crucial because your skin is more reactive and susceptible to burning. In addition to wearing sunscreen, be vigilant and wear hats, scarves, or a visor during the day. Keep one in your car for daily commuting to ensure consistent protection.

## Texture and Color:

- Addressing Texture:

To achieve a smoother appearance, consider removing vellus facial hair around the scar, as the scar itself will not likely produce hair (unless the area is a skin graft). This can help in avoiding a textural contrast between the scar and surrounding skin.

- **Addressing Color:**

- **Darker Scars:**

- If the scar is darker than the surrounding skin (e.g., a vascular or more pigmented scar), remember that light makeup does not cover dark skin well. Instead, match the darker area with a foundation or concealer, then apply a lighter shade that matches the surrounding skin on top.

- **Lighter Scars:**

- For lighter scars, you may need to apply more pigment than you think. Start with a darker shade, then lighten it to match your surrounding skin.

## **Makeup Tips:**

- **Consider the Whole Face:**

- Do not just focus on the scar. Bringing balance to your appearance can involve addressing other areas of the face to create a harmonious look.

- **Layering Technique:**

- Use the layering technique effectively by applying a base layer that matches the darker or lighter scar, then blend it with shades that match your natural skin tone.

- **Blending:**

- Ensure you blend the makeup well to avoid noticeable differences between the scar and the surrounding skin.

By following these guidelines and consulting with your physician, you can manage your scars effectively and enhance your appearance with confidence.