

Scalp Cooling

What You Should Know

This handout explains what scalp cooling therapy is and answers frequent questions about costs, side effects, how to start scalp cooling therapy, and what to expect during therapy.

What is scalp cooling therapy?

Certain chemotherapy (chemo) medications can cause you to lose your hair. Scalp cooling therapy can reduce the amount of hair you lose. During scalp cooling therapy, you wear a cap on your head which connects to a machine. The machine sends cold liquid into the cap.

Every time you wear the cap you will go through three phases:

- Before chemo (pre-cooling)
- During chemo (cooling)
- After chemo (post-cooling)

For more detailed information about scalp cooling, please visit coldcap.com/ive-decided-to-scalp-cool or scan the top QR code on the left with your phone camera.

How do I know if scalp cooling is right for me?

If your chemo treatment can cause hair loss, you may be eligible for scalp cooling. You may be wondering how to decide if this therapy is the right choice for you. There are different things to consider, including the cost, special hair care instructions, and how well it will work for your specific treatment and hair type.

These two resources can help you decide if scalp cooling is right for you:

- Paxman, the company that makes the scalp cooling system, has an online guide that will help you understand what to expect. Visit coldcap.com/scalp-cooling-outcomes-calculator or scan the middle QR code on the left.
- To learn more about committing to scalp cooling therapy, visit coldcap.com/help-me-decide/committing-to-scalp-cooling or scan the bottom QR code on the left.



Scan this QR code to learn more about scalp cooling.



Scan this QR code for a guide that will help you decide if scalp cooling is right for you.



Scan this QR code to learn more about committing to scalp cooling therapy.



Scan this QR code to learn more about financial support.

How much does scalp cooling cost?

Most insurance companies cover the cost of scalp cooling therapy. However, it is possible that your insurance company may not cover it, or you may have a co-pay.

Our team will work with your insurance provider to find this information so that you can make an informed decision.

Is there financial assistance available?

Paxman has financial support options. To learn more about financial assistance and insurance reimbursement, please visit coldcap.com/help-me-decide/accessing-scalp-cooling or scan the QR code on the left.

How much hair loss should I expect?

The amount of hair loss varies from person to person. Even with scalp cooling therapy, you should still expect to lose hair, especially in the first and second chemotherapy cycles.

With scalp cooling, hair regrowth is shown to be faster, stronger, and healthier. So even though many people who do scalp cooling lose 1/2 or more of their hair, they still feel that scalp cooling is successful.

Scalp cooling may also decrease the risk of lasting hair loss in people receiving docetaxel.

Is scalp cooling therapy uncomfortable or painful?

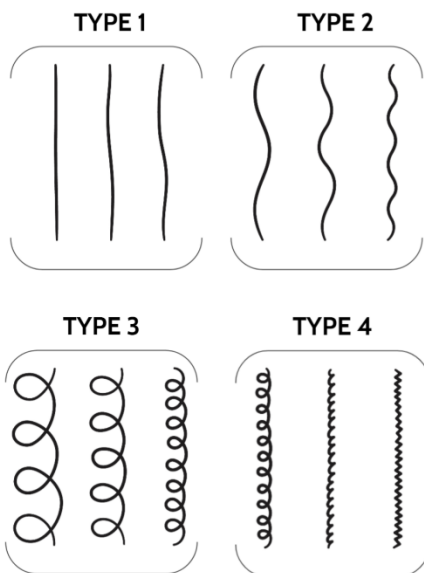
Each person responds differently to scalp cooling. Scalp cooling should not be painful, but some people find it unpleasant or uncomfortable. People who use scalp cooling report that the first 10-15 minutes are the most uncomfortable. After this, your scalp will feel numb rather than uncomfortable. Less than 3% of people stop the therapy because of discomfort.

Hair Care

You may need to follow special hair care instructions during scalp cooling. The way you care for your hair is based on the type of hair you have.

Use the image on the left to see what type of hair you have, based on your natural hair texture when “air dried” and not styled.

HAIR TYPES



Hair Care Instructions by Hair Type

For all hair types:

- Avoid shampoos and conditioners with color, perfume, sulfate, or parabens.
- Smooth shampoo and conditioner into your hair. Don't rub.
- Avoid heated styling tools.

For hair types 1 and 2:

- Wash your hair at least every 10 days and no more than 2 times a week.
- Brush your hair every day.
- You can use clips, headbands, hats, and scarves.
- You can use dry shampoo and colored root sprays.

For hair types 3 and 4:

- Wash your hair less often than normal.
- Use plenty of conditioner and natural oils. Do not use dry shampoo.
- Brush or finger-comb your hair every 2 days. Make your hair damp and brush it thoroughly.
- You can wear scarves, loose headbands, and hats.
- Do not use weaves or protective styling (braids, locks, and twists).
- You can use colored root sprays.

What is included in the cap cooling kit?

- Scalp cooling cap (inner cap and outer cover)
- Spray bottle
- Token for the cooling machine
- Towel
- Conditioner
- Forehead protector
- Comb

Learn about your kit by scanning the QR code below. Or you can visit coldcap.com/faq/what-is-in-the-cap-kit



What happens next?

During your next visit with the clinic nurse, we will check your cap size. We will give you detailed information about scalp cooling and your personal cap kit. Please review all the information and practice putting the cap on. Studies show that patients that put their own caps on have the best outcomes.

If you think you might need help putting your cap on during your infusion visits, please bring a caregiver who can help you. Our nurses are assigned to multiple patients at the same time and may not be able to help you with this quickly. We ask you and your caregiver to be independent with the process and your nurse will try to assist when they are available. We appreciate your understanding and support!



Scan this QR code to watch video tutorials.

How should I prepare for my first cooling session?

Before your first cooling session:

- Watch video tutorials online. You can watch demonstrations on how to prepare your hair and put on your cap. Scan the QR code on the left or visit coldcap.com/ive-decided-to-scalp-cool/how-to-videos.
- Practice your hair prep and putting your cap on at least 3 times before your first session. Ask a friend or family member to help you practice if needed.

What should I bring to each chemo appointment?

- Bring your entire scalp cooling kit. If you forget your kit, we may need to reschedule your appointment.
- Bring a caregiver if you need help with your hair prep and putting your cap on.

What will happen during my chemo appointment?

- You will start a 30–45-minute pre-cooling period while we prepare your chemo infusion.
- Your cooling therapy will continue during your infusion. If you need to use the restroom during your therapy, you can be disconnected for up to 10 minutes at a time.
- Once your infusion is done, you will start the post-infusion cooling step. You might stay in the same chair, or we may ask you to move to another space.
- After post-cooling is completed, you will need to wait at least 5 minutes before removing your cap. This helps to protect your hair and makes it easier to remove the cap.
- To remove your cap, gently rock it from side to side to avoid damaging your hair. Once your cap is off, stay seated for 5 minutes before you stand up.

How long are the pre-and post-cooling times?

The amount of time you spend in pre-cooling and post-cooling depends on your chemo regimen (treatment plan). The table on the next page shows cooling times based on your treatment. Please plan to be at the clinic for the entire time of your scalp cooling, including pre-cooling and post-cooling times.

For all hair types, your infusion time will depend on your specific treatment plan. Please talk to your care team if you have any questions.

Cooling Times Based on Treatment

Chemotherapy Regimen	Pre-cool Time	Post-cool Time
<p>All regimens and combinations including:</p> <ul style="list-style-type: none"> • Any chemo given alone <i>Includes paclitaxel that is given every 2 or 3 weeks</i> • Any combination of chemo <i>Includes combination of chemo with docetaxel or paclitaxel</i> 	<p>30 minutes, or 45 minutes for thicker hair</p>	<p>95 minutes total (90 minutes cool + 5 minutes warm up before cap removal)</p>
Special exceptions listed below:		
<ul style="list-style-type: none"> • Docetaxel given alone 	<p>30 minutes, or 45 minutes for thicker hair</p>	<p>25 minutes total (20 minutes cool + 5 minutes warm up before cap removal)</p>
<ul style="list-style-type: none"> • Weekly paclitaxel given alone <i>Includes regimens that combine weekly paclitaxel with biologics</i> 	<p>30 minutes, or 45 minutes for thicker hair</p>	<p>65 minutes total (60 minutes cool + 5 minutes warm up before cap removal)</p>

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weekdays from 8 a.m. to 5 p.m., call the Oncology Clinic at 206.598.8300. Infusion center hours are 8 a.m. to 10 p.m.

After hours and on weekends and holidays, call 206.598.6190 and ask to page the oncologist on call.

Resources

If you would like more information, please contact Paxman. They can provide details about scalp cooling, enrollment, billing, and financing.

- Phone: 844.572-9626
- Email: patient@paxmanUSA.com