

Preparing for Hair Loss

When Will I Lose My Hair?

Hair loss will usually start after the second treatment; however, this can vary from patient to patient 10 to 14 days (about two weeks) after the start of treatment.

Preparing Your Hair Before Treatment

- Cut your hair short before treatment begins. This option is for patients who want to feel in control while alleviating the stress of simply watching the hair fall out.
- You may find it easier to cut it in stages (e.g., if the hair is past the shoulders, cut to shoulder length).

Signs and Symptoms of Hair Loss

- Signs that hair loss may be starting include itchy, irritated, sensitive or tender scalp.
- You will notice accumulations of loose hair on your pillow, in your hairbrush or comb, or in your sink or shower drain.
- Hair loss usually occurs in the following pattern: scalp, eyebrows, eyelashes and body hair.
- Whether your hair thins or you become completely hairless will depend on your treatment.
- If your hair is still long, you may experience pain as the lost hair had become entangled with hair that was still securely anchored within the follicles.

Once the hair starts to shed, how you handle your hair, including shampooing and brushing, will not stop the hair loss process.

Scalp Care During Hair Loss

- During the period of shedding, it is best to keep the scalp clean by shampooing as normal.
- Shampooing does not increase the hair loss, but makes the scalp feel more comfortable.
- Chemotherapy may make your scalp feel irritated. Shaving your hair may help ease the discomfort.

Why Won't My Hair Grow During Treatment?

Due to the medication, the hair follicles stay in this resting phase and remain dormant until the chemotherapy has been completed.

City of Hope Is Here to Help

The Positive Image Center offers complimentary haircuts, hair trims and head shaves for our patients. We offer organic shampoo and conditioner, along with a variety of other products. Please stop in at or call the Positive Image Center, Monday to Friday, between 8 a.m. and 4 p.m.

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