

## Scalp Cooling Patient Information

- Scalp cooling can help prevent hair loss that is caused by some chemotherapy drugs.
- There are three scalp cooling technologies available: The Dignitana system, The Penguin Caps, and The Paxman system. We offer the Paxman system here at Compass.
- If you are interested in using the scalp cooling system, please let your doctor/provider know that you are interested. This needs to be done at least 4 days before your first treatment.
- Please be aware that this service is not covered by insurance companies and is an out of pocket expense. **(To be paid by patient to Paxman Company)** However, Aetna considers scalp cooling the Paxman Scalp Cooling System, medically necessary as a means to prevent hair loss during chemotherapy.
- HairToStay is a national non-profit organization dedicated to providing financial support to patients who cannot afford scalp cooling. Visit their website for more information <http://www.hairtostay.org/>
- Compass Staff is responsible for determining proper cap size and completing enrollment form that we send to Paxman Company. Paxman will then contact patient for payment and further instructions.
- Once you have decided to do scalp cooling, you will need to go onto the Paxman website to view the instructional videos for hair care and putting on the cap. It is recommended that you practice prior to coming to your appointment. <https://www.paxmanusa.com/>
- You will receive your cap and hair care kit from Paxman via FedEx.
- There will be a 30 minute pre-cooling before your chemotherapy drugs are given and up to a 90 minute post treatment cooling period.
- Dress warmly for your treatment appointments.
- Side effects experienced during scalp cooling include:
  - Feeling cold
  - Headaches from the cold that range from mild to severe
  - Head feeling heavy
  - Forehead pain
  - Neck pain that comes and goes
  - Feeling light-headed or dizzy –this can be during scalp cooling or after the cap is removed
- Please note: **there will be hair loss even with the scalp cooling.** Scalp cooling reduces the blood flow to the hair follicles, which reduces the damage to the follicle by the chemotherapy drugs, which can minimize/reduce the amount of hair loss.
- If you have decided to use the scalp cooling system, please bring a family member or friend to your treatment appointment to assist you with hair care and cap placement.
- If you have further questions regarding scalp cooling, please contact the nurses, medical assistants, or providers.