



POLAR COLD CAP GUIDELINES

Learn how to successfully preserve your hair during chemotherapy

USER GUIDELINES

- Cold caps must be changed every 30 minutes during this entire process to ensure the scalp remains cold. You must wear the cap 1 hour prior to treatment, throughout the entire treatment and 3 hours after treatment.
- Remove caps from ordinary home freezer (pink gel side facing out) and place in cooler, under dry ice 3 hours prior to chemotherapy treatment.
- Prior to applying cold cap, cut moleskin to size and place on forehead just below the hairline to protect the skin from cold temperatures.
- Remove cold cap from cooler and test with infrared thermometer to ensure cap temperature is between -32 to -38 degrees Celsius (-25.6 to -36.4 F)
- Place cold cap on your head with interior gel portion against the scalp and fasten chin strap.
- Securely fasten forehead straps.
- Tightly fasten rear straps, working from interior bottom to top.
- Once interior straps are fastened, secure rear support strap.
- Ensure all straps are tightly fastened, firmly securing cap to scalp. Readjust chin strap for comfort if needed.
- When removing cap, simply undo chin strap and remove cap as a helmet. Be sure next cap is ready to go prior to removing cap.

COLD CAP STORAGE AND USE

- Once you receive your cold caps, place caps in ordinary home freeze with pink gel side facing out. Contact a local dry ice supplier and order a total of 60 lbs of dry ice. 30 lbs in slab form (3 slabs) and 30 lbs in pellet form.
- 1st layer: Starting at the very bottom of cooler, lay slab of dry ice across bottom and place caps 4-6 flat across ice. 2nd layer: Next, place second slab of dry ice on top of caps 4,5 and 6. 3rd layer: Next, lay caps 1,2, and 3 flat across second slab of dry ice. 4th layer: Lastly, place third slab on top of caps 1,2 and 3. Separate pellets in plastic resealable freezer bags, ensuring not to completely close bag, allowing for adequate ventilation, and place on sides and top of containers filling any available space within cooler. If your dry ice provider does not supply pellet form, broken pieces of slab form will work as well.
- Caps are numbered 1-6, be sure to use in numeric sequence to allow for sufficient freeze time.
- Hold hair when combing/brushing. A "wet brush" is suggested.
- DO NOT color or apply any chemicals to your hair 2 weeks prior to treatment and not until 3 months after chemotherapy is complete.
- Soft scrunchies can be used, no elastic hair bands. DO NOT blow dry, straighten, curl or apply any heat to hair.
- Gently wash hair 3 days before and on the 3rd day after treatment. Use cool water when washing hair, no more than 2X a week. Avoid parabens and sulphates.
- DO NOT drastically cut your hair prior to or during treatment. Always baby your hair.

