

# Survivor Wellness

## Cold Cap Therapy



### WHAT IS COLD CAP THERAPY?

Cold cap therapy, or scalp cooling, involves the use of a special cap or set of caps, cooled to extremely cold temperatures, and worn before, during and after each chemotherapy treatment to help reduce hair loss due to chemotherapy. For more information visit [www.rapunzelproject.org](http://www.rapunzelproject.org)

**Important: Patients should always consult their health care provider when considering cold cap therapy and should request success data for their drug regimen in inquiries with cap suppliers.**

### HOW DO YOU USE COLD CAPS?

A minimum of one person assisting the patient is essential. The patient's helper(s) need to keep track of time, help the patient remember to drink water throughout the process, check the temperature of caps, swap caps and straps, and keep the patient warm after each cap application. As each cap change must occur in less than two minutes, and the actual scalp exposure time between caps must be only a few seconds, everyone needs to know his/her job. Practice really helps.

### COLD CAP THERAPY AT COBORN CANCER CENTER

**Discuss Cold Cap Therapy with your nurse or care coordinator BEFORE beginning treatment.**

#### Patient responsibility:

- Obtain and bring ALL supplies for Cold Cap therapy, including purchase or rental of cold caps and dry ice. Personal coolers can be stored in the Rapunzel Project™ freezer room.
- Bring along designated individual(s) to monitor, apply and remove Cold Caps.
- Ensure safe environment by having clear pathways in the treatment room.

#### Coborn Cancer Center provides:

- Necessary patient support for any medical related concerns.
- Access to Rapunzel Project™ freezer room.
- A private room, heated chair whenever possible. Patients may bring their own electric blanket.
- Space to complete Cold Cap Therapy after chemotherapy.
- Comfort measures for patients such as warm blankets, refreshments, assistance to bathroom, etc. during chemotherapy and post treatment Cold Cap therapy.

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