

Hair Loss

Most people on immunotherapy will have a thinning of their hair rather than total hair loss, as is often seen with chemotherapy. This thinning of the hair is usually reversed once therapy is completed.

Wear a hat whenever you are outdoors to protect your head from the sun.

Protect Your Scalp and Hair

- > Use mild shampoos and soft brushes.
- > Avoid hair dryers, hot curlers, and curling irons. Do not bleach or color your hair.
- > Avoid vigorous brushing. Do not wear your hair in a ponytail or tight band since it can damage your hair.
- > Sleep on a satin pillowcase to avoid friction. Use a hairnet to collect loose hairs during sleep.
- > Use unperfumed moisturizers or olive or almond oil on your scalp if it becomes dry, flaky, or itchy.
- > If you lose the hair under your arms, use baby powder in place of perfumed deodorants.
- > Consider wearing turbans, scarves, or hats.
- > Wear a hat at all times when you are outside or in the sun.

Wigs

- > If you are uncomfortable with your appearance, one option is to purchase a wig. Do not get a toupee that you glue to your scalp or a hair piece that you weave into your hair.
- > Your purchased wig could be natural hair or fake. If it's natural, don't forget that it will have to be set and "done" in just the same way you have to set and "do" your own real hair.
- > Synthetic wigs can look natural and do not require as much upkeep—they are also easier to clean.
- > If you want a wig that matches your own hair, get the wig as soon as you notice your hair beginning to fall out or thin. This way you can match it to your own hair.

This information is not intended as a substitute for professional medical advice. Consult your health care provider for individualized information about your therapy. Your health care provider should be your primary source of information about your medical condition and treatment.