

## Hair loss (Alopecia)

## Symptom Management

Some cancer treatments cause hair loss or thinning. This may affect all of the hair on your head and body.

### What can I do?

- Use tepid water when you wash your hair.
- Use a mild shampoo such as baby shampoo.
- Comb or brush your hair gently.
- Avoid perming or dyeing hair that is becoming thinner.
- Try not to rub your hair and scalp. Pat dry with a soft towel.
- Avoid hair dryers and other heated tools because this may irritate your scalp.
- Protect your scalp from the sun.
- If your scalp is flaky or itchy, it's usually a sign of dryness, try using oils or moisturisers instead of anti-dandruff shampoo.
- You might find a shorter style easier to manage if your hair is long.
- If you would like a wig, please ask about this when you are seen in clinic.

### Contact us



**The Royal Marsden Hotline: 020 8915 6899**  
(available 24 hours a day, 7 days a week)

