

Free Prescriptions

All cancer patients undergoing treatment for cancer, the effects of cancer or the effects of cancer treatment can apply for an exemption certificate for a free prescription from their GP.

How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand rub (special gel) available at the main entrance of the hospital and at the entrance to every ward before coming in to and after leaving the ward or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand rub. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk

If you require an interpreter or need a document in another language, large print, Braille or audio version please ask for assistance.

Author: Cancer Education, Information & Support

Leaflet code: CISS – 92
Version: 5

Issue date: Feb 2012
Reviewed: March 2019
Review date: March 2021

Headwear for hair loss

Information for Cancer/Haematology Oncology Patients

This leaflet gives details about different types of headwear for hair loss and where they may be obtained.

Safe & compassionate care,

every time

Introduction

You have been advised that your treatment may cause hair loss / thinning and it has been suggested that you might like to obtain a wig.

However, you may wish to wear alternative headwear, rather than wearing a wig.

This leaflet suggests different types of headwear available and where they may be obtained.

If you would like to know more about obtaining a wig, please see the “Wig Supply and Fitting Service” leaflet, or speak to your specialist nurse or contact;

Cancer Education, Information and Support Service on 01296 316954.

Other types of headwear

Even if you have got a wig that you love, you will probably not want to wear it all the time.

There are various options which you can wear at home or out and about.

The main requirements for your everyday headwear are;

- that it is comfortable,
- quick and easy to put on and
- feels secure.

Other useful sites

Cancer Hair Care: www.cancerhaircare.com

A charity with an aim to promote and protect the physical and mental health of people experiencing hair loss and or hair or scalp problems, in particular those who have lost their hair through cancer treatments.

Breast Cancer Care: www.breastcancercare.org.uk

Breast Cancer Care provide information on how to make the most of alternatives to wigs and give practical tips about scalp and hair care.

Macmillan Cancer Support

www.macmillan.org.uk

Macmillan provide information regarding hair loss

You Tube

www.youtube.com

There are numerous short films showing how to tie headscarves and ways of wearing a buff.

Cancer Education, Information and Support Service, Cancer Care and Haematology Unit (CCHU), Stoke Mandeville Hospital,

Mandeville Road, Aylesbury, Buckinghamshire
HP21 8AL

Tel: 01296 316954

Website: www.buckshealthcare.nhs.uk

Website addresses continued.....

Suburban Turban: 01306 640123

www.suburbanturban.com

(Also has information on how to tie a scarf as a turban)

Necessity Headwear Collection: 01438 311322

www.necessityheadwear.com

Chemotherapy Headwear: 01483 901 403

www.chemotherapyheadwear.com

Here are a few examples of what you can use and the pros and cons of each, plus some ideas of where you can buy them.

Headscarves

Headscarves are cheap, easy to find and come in a variety of colours and fabrics. Silky fabrics are not so good when you have little or no hair as they will tend to slip off. A good cotton fabric is best and if the fabric has a bit of stretch, it may be more secure and easier to keep in place. On the downside, it takes a bit of practice to tie a scarf and it certainly takes a few minutes to do it, so you may prefer something that you can put on quickly.

Bandanas, hats and beanies

If you find headscarves too fiddly then you could try bandanas, hats and beanies, as they are easier and quicker to put on. If you go for a hat with a brim, or a bandana/beanie make sure it has a deep crown so that it covers as much of your head as possible and will also stay in place.

Bufs

Bufs are inexpensive, comfortable, secure and very quick and easy to put on.

They can be put on in seconds, much quicker than tying a scarf and, because they are stretchy, they stay on really well and feel secure. They are basically a tube of microfibre fabric which has no seams, is very stretchy, gives UV protection and absorbs moisture away from the scalp. They come in lots of colours and funky designs, they can be worn in lots of different ways.

The company 'Buffwear', also have bufs made from 100% merino wool, which would be good for winter as the normal bufs are not that warm and therefore best for summer use.

Examples of how to wear your buff:



Where to buy them

Headscarves, bandanas and hats are available to buy from fashion shops. There are also a good selection online.

Some wig suppliers also stock a range of headwear.

Bufs are available from outdoor shops and can also be ordered online.

Website addresses

Bohemia Fashions headwear: 01582 750083
www.bohemiaheadwear.co.uk

Hats 4 Heads: 0845 576 4287
www.hats4heads.co.uk

Annabandana: 01297 553747
www.annabandana.co.uk

Buffwear, Multifunctional Headwear
www.buffwear.co.uk 01707 852244
(Also has very helpful video demonstrations showing ways to wear bufs)