



COOL DOWN AND FIRE UP

CHEMOTHERAPY COOLING CAP INSTRUCTIONS

Manufactured & Distributed by

Arctic Heat Pty Ltd., Queensland, Australia

The pack comes with three, four or five caps and should be used as follows:

Step 1



Soak your caps in water for about **5 - 10 minutes** so crystal in pockets swell into gel form (pockets should be firm but not bursting).

Step 2



Remove excess water by gently twisting in opposite directions. Vigorously wipe inside and outside of your caps with a towel. **Hang inside out until** material is **completely dry**.

Step 3



Place a plastic bag inside your caps to prevent material from freezing together. Place your caps into your freezer for about **2-3 hours** before use.

Step 4



When ready to leave your home for treatment, put one cap on your head and remaining ones in the cooler bag.

Prior to treatment:

Cap should be worn approximately 45 – 60 minutes prior to your treatment.

During Treatment:

Replace with a cold cap and rotate caps from your cooler bag when they have lost their cooling effect. Caps must be worn for entire treatment.

After treatment:

Apply last remaining cap for about 45 - 60 minutes once your treatment has finished.

At home, simply store your caps in the freezer until your next treatment.

It will be frozen solid when taken out. You will need to leave it outside for a little while so it can defrost. If material frozen together **DO NOT** force it apart. Wait for the cap to defrost and it will naturally separate.

When the gel pockets start to dehydrate and become flat start activation from step 1.

Storing

Whilst in activated (gel) state, product must be stored by hanging in a ventilated area or in the freezer.

DO NOT STORE IT IN THE FRIDGE!

If wishing to store for long periods, allow caps to **COMPLETELY DEHYDRATE (gel will dry out and it will return to crystal form)** then put it into storage.

To re-activate, start from step 1.

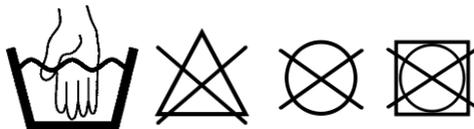
Washing

Simply **hand wash** in warm water with mild soap for no more than 2 minutes.

Make sure caps are hung to dry in a ventilated area (Occasionally beads of gel may appear, this is not a fault simply wipe away with a cloth).

Please Note: Gel crystals are non-sensitive to skin and mucous membranes, are not absorbed by skin and are non-toxic.

Do not bleach, dry clean, tumble dry.



For more information, refer to <https://www.arcticheat.com.au/>

FREQUENTLY ASKED QUESTIONS

How does it work?

Every hair on the body grows out of a hair follicle. Small blood vessels in the scalp supply the cells of these follicles with food and oxygen and, carry away waste products. Any chemotherapy drugs in the bloodstream will also be carried to the hair follicles. When blood vessels in the scalp are cooled they become smaller, so less blood flows through them. Cooling the scalp during chemotherapy means that less of the chemotherapy drug reaches the hair follicles, which means the hair is less likely to be damaged and fall out.

Should I check with my Oncologist to see if it is suitable for me to use cooling caps?

Yes, it is always best to talk to your Oncologist about scalp cooling throughout your treatment to ensure they are happy for you to use this method for your particular situation.

Will it work for me?

There is an excellent chance it will, however, not guaranteed. It is important to understand that you may experience some initial hair loss. Success rates depend on many variable factors including the individual and the chemotherapy drugs being given. Generally 80-90% of patients who have cooled with the cap only experience minor hair loss.

How long does the cap have to be worn?

Minimum 45-60 minutes before the start of your chemotherapy, then whilst receiving your chemotherapy and, a minimum of 45-60 minutes after your treatment (possibly longer depending on the condition of your hair thick and/or curly). This is also dependent upon the chemotherapy drugs you are being given. If you experience some hair loss after the first treatment, it is recommended that you increase the cooling time after infusion by about half an hour.

Has this method been scientifically proven?

Scalp cooling is a well-accepted treatment throughout the world, treating tens and thousands of patients annually. The history of scalp cooling and the cold cap dates back over 30 years.

Did you get wet hair?

If you don't dry your cap properly before use, you may notice dampness on your hair, you can **use a shower cap** to prevent this from happening.

