



At Home Education Guide Paxman Scalp Cooling

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PAXMAN^o
PIONEERS IN SCALP COOLING

At Home Education Guide



You will need to come to your chemotherapy treatments ready to manage the scalp cooling part of your treatment by yourself or with a family member to help you.

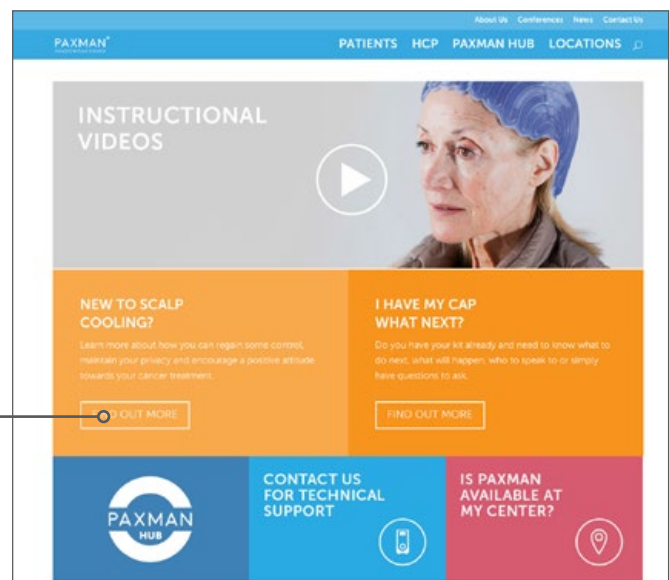
A nurse will help you connect your cap to the cooling machine in the treatment suite, but you will need to prepare your hair and fit your cap on your own. You can learn how to do this by watching the videos on the Paxman website at www.paxmanusa.com. You can also bring a friend or family member to your appointment to help you.

The Paxman website has a lot of information to help you prepare for your scalp cooling. This guide will help you go through the website so you can focus on the most important parts as you get ready to start your treatment.

Review the website and watch the videos listed in this guide. Then, practice preparing your hair and fitting your cap at home. This will help you feel comfortable managing your scalp cooling treatment on your own.

1 Visit www.paxmanusa.com

2 Go to **New to Scalp Cooling?** section



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From the landing page you will need to review the following content:

- A. Scalp Cooling Overview
- B. The Paxman Cap Kit
- C. The Treatment
- D. Fully watch 5 Videos (Total Time: 22.5 minutes)



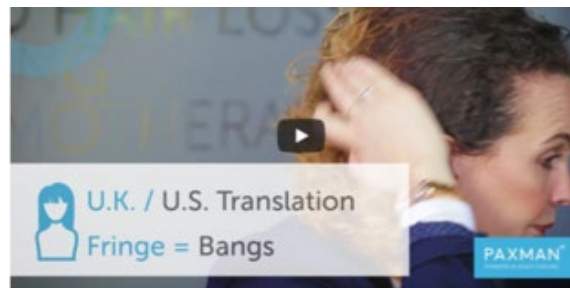
VIDEO 1

Introduction to Paxman Scalp Cooling (Length 1:46)



VIDEO 2

What Size Cap am I? (Length 6:16)



VIDEO 3

iii. How to Prepare My Hair (Length 5:30)



VIDEO 4

iv. How to Fit My Cap (Length: 7:13)



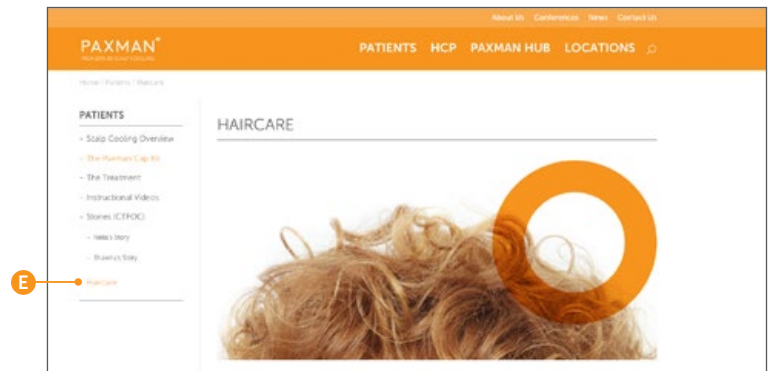
VIDEO 5

Conclusion (Length: 1:27)



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4 Review the Haircare section



While you may receive tips from your friends, family, and the Internet, they may be harmful and wrong. You should only follow the guidelines on the Paxman website. These guidelines are based on research and expert advice. If you have any questions about your hair care, talk with your healthcare team.

5 IMPORTANT!

Practice preparing your hair and fitting your cap **at least 3 times** at home. This way you will know if you can prepare yourself for scalp cooling, or if you will need to bring someone to help you. You can record your practice sessions here.

	Date	Did you need help? (Yes / No?)	How confident did you feel? (1- Not at all confident to 5-Very confident)
Practice #1			
Practice #2			
Practice #3			

6 Before your first chemotherapy treatment, call your doctor's office to let them know you're ready for the scalp cooling part of your treatment. You can also ask any questions you have about your treatment.

Once you have watched the 5 videos, you may want to visit other sections of the website for more information about your scalp cooling treatment.