



PAXMAN SCALP
COOLING SYSTEM
AT HOME
EDUCATION GUIDE

US ISSUE 2 0519

PAXMAN^o
CHANGING THE FACE OF CANCER

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.

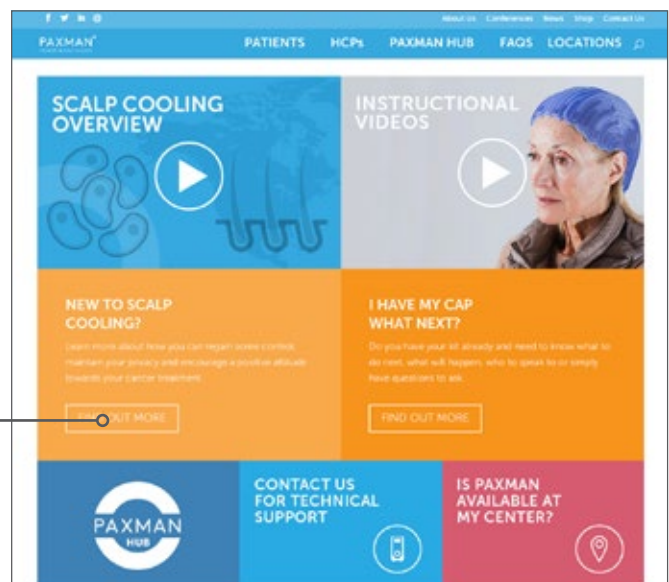
A nurse will help you connect your cap to the cooling machine in the treatment suite, but you will need to prepare your hair and fit your cap on your own. You can learn how to do this by watching the videos on the Paxman website at www.paxmanusa.com. You can also bring a friend or family member to your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

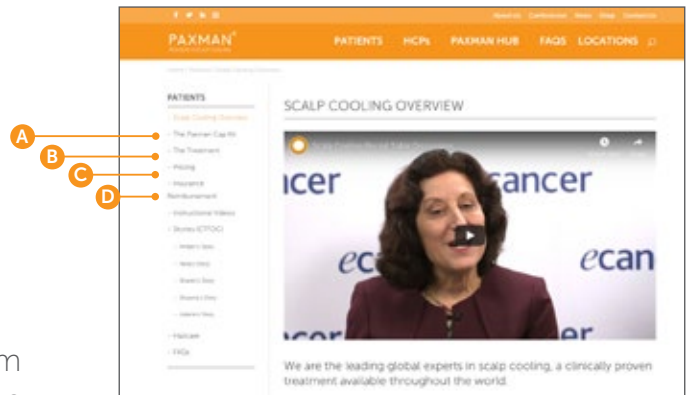
2 Go to **Scalp Cooling Overview** section



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3 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. Watch in full the 7 videos, which cover an Introduction to PAXMAN, What size cap am I and also tutorials on giving you the option to personally fit your cap in clinic or if someone is fitting the cap for you. Please see below:



INTRO

Introduction to Paxman and the scalp cooling cap kit. (Length 2:40)



TUTORIAL 1

What size cold cap am I? (Length 10:25)



TUTORIAL 2A

Personal hair preparation for cold capping. (Length 7:42)



TUTORIAL 2B

Hair preparation for cold capping on someone else. (Length 8:15)



TUTORIAL 3A

Personal Cap Fitting. (Length 12:52)



TUTORIAL 3B

Fitting the cold cap on someone else. (Length 12:37)



TUTORIAL 4

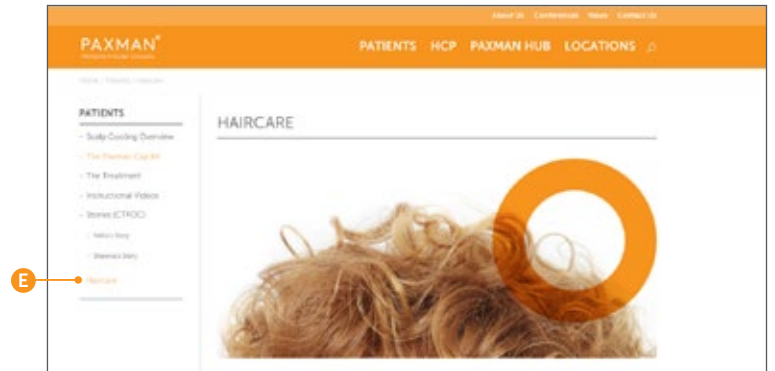
Cold cap hints and tips (Length 4:07)



REMEMBER! To practice fitting the cap at least 3 times before your 1st Treatment.

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

paxmanUSA.com



Do you know we have a Facebook Support Group?
CLICK HERE >

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