

# Caring for your real hair wig or hairpiece

**This information sheet provides you with information about how to look after your real hair wig or hairpiece. If you have any further questions, please get in touch using the contact details on page 2.**

## How should I wash my wig or hairpiece?

Wash your hairpiece every two or three weeks. If you wash it more frequently, the colour will fade more quickly and the hair will become dry.

### Step 1

Always brush the wig before you wash it. Brush the wig downwards from root to ends to ensure there are no tangles. Be careful not to pull on the 'knotting' in the root area, as this will cause hair loss.

### Step 2

Soak the wig or hairpiece in warm water. Spread evenly throughout the hair and gently lather without agitating too much as this will tangle the hair. Rinse thoroughly in a bowl of tepid to warm water. Apply conditioner or treatment and work through with fingers, rinsing thoroughly.

**We recommend you use a good quality colour shampoo and conditioner as this will help to prolong the colour of your wig.**

### Step 3

Gently squeeze excess moisture from your wig, sliding your hand gently down the length of the hair. Then roll the wig in a towel. Do not rub the towel on the hair. To release tangles use a wide-tooth comb working from ends to mid lengths making sure you hold each section firmly.

**Do not** comb the root area as this will damage your wig.

### Step 4

It is best to let human hair dry naturally, but you can use a hair dryer on a cool heat if you prefer, after applying a heat protection spray product. If you wish to use hair straighteners, you will need to apply heat protection spray again before using them.

**Do not** keep going over the hair as this will damage and weaken the wig.

## How often should I condition my wig or hairpiece?

Unlike a person's natural hair, real hair wigs or hairpieces will not produce oil. You should therefore use conditioning treatments once every two months.

## Contact us

Please contact the Fitting Room on 020 7188 7188 ext 57325 if you need any further help or assistance. **Monday to Friday 9am to 4:30pm**

Guy's and St Thomas' hospitals offer a range of cancer-related information leaflets for patients and carers, available at [www.guysandstthomas.nhs.uk/cancer-leaflets](http://www.guysandstthomas.nhs.uk/cancer-leaflets). For information leaflets on other conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)



**Dimbleby Cancer Care** provides cancer support services for Guy's and St Thomas'. We have a drop-in information area staffed by specialist nurses and offer complementary therapies, psychological support and benefits advice for patients and carers.

Dimbleby Cancer Care is located in the Welcome Village of Cancer Centre at Guy's. **t:** 020 7188 5918 **e:** [DimblebyCancerCare@gstt.nhs.uk](mailto:DimblebyCancerCare@gstt.nhs.uk)

## Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the clinical nurse specialist or other member of staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815 **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

## NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

Leaflet number: 3091/VER3

Date published: September 2016

Review date: September 2019

© 2016 Guy's and St Thomas' NHS Foundation Trust



Guy's and St Thomas' **NHS**  
NHS Foundation Trust