



# Caring for your fibre wig or hairpiece

This information sheet provides you with information about how to look after your fibre 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?

You should wash your hairpiece once a month, following the step-by-step instructions below.

### Step 1

Please remove all tangles with gentle brushing, before you wash it (wigs and hairpieces washed whilst tangled may prove impossible to comb later).

### Step 2

Fill a bowl with lukewarm water. Never use hot water as this will cause the base material to stretch out of shape and even cause loss of colour or curl.

Apply the shampoo to the water and lather. Immerse the wig/hairpiece into the water. Leave to soak for five minutes as this will help loosen stubborn debris and requires less rubbing friction. Lightly shampoo as if washing delicate fabric. Never rub vigorously. Repeat the washing process if you feel that the first wash has not fully cleaned the fibre.

### Step 3

Rinse well with cold water until the wig/hairpiece is clear of suds. Always rinse the shampoo with the water running in the direction of the hairpiece (from roots to ends). **Never use hot water.**

### Step 4

After rinsing, gently squeeze to remove excess water and place on a towel. Gently dab the wig/hairpiece. Lightly spray the conditioner onto wig/hairpiece after towel drying to aid later brushing and to return oils lost during the washing procedure.

### Step 5

Place the wig/hairpiece onto a stand. You can purchase wig stands from the wig fitting room in the Cancer Centre at Guy's. Allow the wig/hairpiece to completely dry at room temperature.

**Do not** apply any heat to the fibre wig (hairdryers should not be used)

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

We advise a weekly conditioning treatment as well as daily fibre oil spray. The oils contained in the conditioners will keep the fibre hair soft and supple and help reduce fibre friction (for more information please see the two sections on fibre friction below).

## How should I store my wig or hairpiece?

Your wig should be kept on a wig stand when not being used as this will help maintain its shape.

## What is fibre friction?

Wigs and hairpieces made of synthetic fibres may experience fibre friction.

Natural head movement allows the fibres to rub together or rub against other synthetic materials being worn. This creates a static charge in the fibre, which causes the ends to frizz, and in some cases tangle. The extent depends on the length of the wig and the environment in which the wig is subjected to. The longer the hair, the more likely this is to happen.

Fibre friction is usually confined to the underside of the wig and the ends of the fibre and can start to occur from the first day the wig is worn. Fibre friction is not a fault but a natural occurrence in synthetic wig products and will increase with wear.

## How can I reduce fibre friction?

- Ensure no synthetic garments are in contact with the wig when being worn.
- Use conditioning sprays regularly in the areas most vulnerable to fibre friction (underneath the back of the wig and in the neckline).
- Allow the natural drying of synthetic wigs and always use a spray conditioner before brushing out the wig/hairpiece.

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

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## 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 the 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.

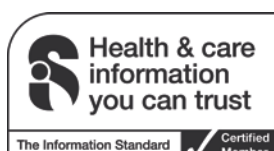
**w:** [www.nhs.uk](http://www.nhs.uk)

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