

## Patient Hair Care

If your child is in the hospital for a long period of time, it's important to help them care for their hair. Washing, conditioning, and using moisturizer will help their hair stay healthy so it doesn't get too dry and break off. Washing hair lets moisture into the scalp and removes dirt and residue. According to the Ohio Board of Cosmetology, your child's hair should be washed at least one time each week.

### Washing

When washing your child's hair, try to use sulfate-free and alcohol-free products to avoid drying out the hair. How your child's hair is washed depends on their hair type and needs. More than one wash may be needed if their hair has any of these in it:

- Surgical soap
- Blood
- EEG paste
- Betadine®

### How to wash your child's hair

1. Wet hair with warm water.
2. Apply shampoo to wet hair.
3. Gently massage shampoo through hair, running fingers from the scalp to the ends.
4. Repeat washes as needed.
5. Rinse shampoo completely from hair with warm water.

### Detangling

Your child's hair may need to have knots removed (detangled) before it can be washed. If their hair is tangled or matted, use a wide tooth comb or detangling brush. Hair should not be detangled when it is dry.

### How to detangle your child's hair

1. Wet your child's hair with warm water.
2. Apply detangling spray or cream to hair.

3. Use a wide tooth comb or detangling brush.
4. Start combing at the ends of hair, then work your way up to the scalp.

## **Conditioning**

When using hair conditioner, it is important to follow the instructions. They will let you know how much time is needed to condition different hair types.

### **How to condition your child's hair**

1. Wet your child's hair with warm water.
2. Apply moisturizing and/or hydrating conditioner to hair.
3. Comb the conditioner completely through the hair, by starting from the ends. Then, work your way up to the scalp.
4. Rinse conditioner completely from hair with cool water.
5. Pat dry hair with a towel.
6. Apply leave-in conditioner or detangling spray to wet or damp hair, if needed.









## **Moisturizing**






Hair moisturizer or hair oil can be used on your child's hair every day. If your child is on oxygen, do not use petroleum-based or oil-based products. Apply moisturizer to all of the hair. For short hair, use a dime-size amount of moisturizer. For medium to long hair, use a quarter-size amount of moisturizer.

## **Styling**

Styling your child's hair will help protect it from breaking.

- **Do not use heat tools like a curling iron, hair dryer, or flat iron if your child is on oxygen.**
- Do not use a lot of heat on their hair. This can speed up damage to the hair. If heat is used, apply heat protectant before styling.
- Dry hair with a towel or blow dryer on low or medium settings. Do not use a blow dryer if your child is on oxygen.
- To keep the hair detangled, use fingers, a wide-tooth comb, or a detangling brush daily.
- Tight hair styles may lead to hair loss. They can put stress on your child's scalp.
- Never use hot or boiling water on or near the hair. Hot water may cause scalp burns and permanent hair loss.

	<b>STRAIGHT</b> 	<b>WAVY</b> 	<b>CURLY</b> 	<b>TIGHT/COIL CURLS</b> 
<b>CLEAN</b>	<ul style="list-style-type: none"> <li>Wash hair every other day.</li> <li>Use a hydrating and/or oil-free shampoo.</li> </ul>	<ul style="list-style-type: none"> <li>Wash hair 1 to 4 times each month.</li> <li>Use a hydrating or moisturizing shampoo.</li> </ul>	<ul style="list-style-type: none"> <li>Wash hair 1 to 4 times each month.</li> <li>Use a moisturizing shampoo.</li> </ul>	Wash hair 1 to 4 times each month using a moisturizing shampoo.
<b>CONDITION</b>	<ul style="list-style-type: none"> <li>Condition hair after cleansing.</li> <li>Use a crème rinse or instant conditioner.</li> </ul>	<ul style="list-style-type: none"> <li>Condition hair after cleansing.</li> <li>Use a hydrating or moisturizing conditioner.</li> </ul>	<ul style="list-style-type: none"> <li>Condition hair after cleansing.</li> <li>Use a deep conditioner.</li> </ul>	<ul style="list-style-type: none"> <li>Condition hair after cleansing.</li> <li>Use a deep conditioner.</li> </ul>
<b>MOISTURIZE</b>	Use a volumizing mousse.	<ul style="list-style-type: none"> <li>Use a light oil or daily moisturizer. <ul style="list-style-type: none"> <li>Dime-size amount for shorter hair</li> <li>Quarter-size amount for medium to long hair</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Use a light oil or daily moisturizer. <ul style="list-style-type: none"> <li>Dime-size amount for shorter hair</li> <li>Quarter-size amount for medium to long hair</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Use a light oil or daily moisturizer. <ul style="list-style-type: none"> <li>Dime-size amount for shorter hair</li> <li>Quarter-size amount for medium to long hair</li> </ul> </li> </ul>
<b>STYLE</b>	Let the hair air dry until it's about 80% dry. You can blow dry it after that.	Pull the hair into ponytail(s) or twist the hair with a 2-strand twist to dry.	Pull the hair into ponytail(s) or twist the hair with a 2-strand twist to dry.	<ul style="list-style-type: none"> <li>Braid or place into a 2-strand twist to dry.</li> <li>Do not put hair in a ponytail. This causes damage.</li> </ul>
<b>STYLE TOOLS</b>	Wide tooth comb  <b>Do not brush wet hair.</b> 	<ul style="list-style-type: none"> <li>Detangling brush</li> <li>Wide tooth comb</li> <li>Ponytail holders</li> </ul> 	<ul style="list-style-type: none"> <li>Detangling brush</li> <li>Wide tooth comb</li> </ul> 	<ul style="list-style-type: none"> <li>Detangling brush</li> <li>Wide tooth comb</li> </ul> 

	CHEMICALLY TREATED	LOCS, BRAIDS, EXTENSIONS	CLOSE HAIR STYLES
			
<b>CLEANSING</b>	Wash hair 1 to 2 times each week using a moisturizing shampoo.	Wash hair every 2 to 3 weeks using a moisturizing shampoo.	Wash hair 1 to 4 times each month.
<b>CONDITION</b>	<ul style="list-style-type: none"> <li>• Condition hair after cleansing.</li> <li>• Use a moisturizing conditioner.</li> <li>• Use a leave-in conditioner.</li> </ul>	<b>Do not use conditioner.</b>	Condition hair after cleansing.
<b>MOISTURIZE</b>	<ul style="list-style-type: none"> <li>• Use a light oil or daily moisturizer. <ul style="list-style-type: none"> <li>– Dime-size amount for shorter hair</li> <li>– Quarter-size amount for medium to long hair</li> </ul> </li> </ul>	Moisturize at least 2 times each week with water or essential oils to keep the hair moisturized.	Moisturize according to hair type
<b>STYLE</b>	Pull the hair into ponytail(s) or leave hanging to dry.	Pull the hair into ponytail(s) or leave hanging to dry.	
<b>STYLE TOOLS</b>	<ul style="list-style-type: none"> <li>• Detangling brush</li> <li>• Wide tooth comb</li> <li>• Ponytail holders</li> </ul> 	Ponytail holders 	Bristle brush 