

Hair Care

Equipment

- Comb
- Brush

General Hair Care Tips

- ▶ Regular brushing and combing is necessary for your loved to feel comfortable and look neat.
- ▶ Brushing helps to keep their hair clean and distributes oil evenly along hair shafts, while combing prevents it from becoming tangled.
- ▶ To keep brush and comb clean, wash them in hot soapy water.
- ▶ Provide them with a brush, comb and mirror if they can cope.
- ▶ Short-tooth combs are adequate for short hair, but large-tooth combs are preferred for curly hair.
- ▶ Parting allows for ease in brushing smaller sections of hair. First, parts the hair into two sections and then separates each section into two more sections.
- ▶ If you help the person to comb, put the hair in their preferred style.
- ▶ Hair should be shampooed as soon as, and preferably before, it becomes dirty or greasy. Ideally, it should be washed two to three times a week.
- ▶ Do not put strain on hair strands by brushing too much or too vigorously.
- ▶ To untangle hair, use a wide-toothed comb, starting from the ends. When all tangled have been removed, the hair may be combed from root to end.
- ▶ Do not dry hair fully with a hair dryer. Let hair dry naturally if possible.
- ▶ Avoid tying or braiding the person's hair too tightly.
- ▶ If necessary, engage a local hairdresser in the care process.

Washing Hair in Bed

If your loved one is able to take a shower or bath, the hair can usually be shampooed without difficulty. However, if physically getting into the bath or shower is just not possible, then it can be done in bed using dry shampooing or damp washing (see below) techniques. Hair washing and bed-bath are usually performed together.

Dry shampooing: This technique is advisable if confinement to bed is temporary. Cover the hair with the shampoo powder and be sure to brush it out thoroughly, following the instructions on the container.

Damp washing:

- ▶ Close the windows to prevent your loved one from becoming chilled.
- ▶ Prepare all the items you need and bring them to the bedside so that they are within reach.
- ▶ Place a chair at the bedside near the head of the bed for putting a bucket to collect water.
- ▶ Make the person comfortable with their head close to the edge of the bed.
- ▶ Support the shoulders on a plastic-protected pillow to ensure that the head is lower than the shoulders.
- ▶ Protect the bedding from excessive wetting.

- ▶ Use a shampoo tray if there is one available. If not, you can improvise by rolling three sides of the large plastic sheet to form sides against which the water will flow down the bucket. Put the sheet under your loved ones head so that the head is surrounded by the rolls and drop the end of the sheet into the bucket.
- ▶ Cover their eyes with a towel prevent water from slipping in.
- ▶ Pour water gently over their head until the hair is wet all over.
- ▶ Apply shampoo and gently massage it into the scalp. Do not hurry as this is a very pleasant sensation for the person.
- ▶ Rinse the hair thoroughly.
- ▶ Dry their forehead with the face towel and wrap it around the head to absorb the wetness.
- ▶ Lift their head, remove the rolled plastic.
- ▶ Remove the pillow under their shoulders and place it under the head.
- ▶ Remove the face towel and replace with a dry, clean bath towel.
- ▶ Use a hair dryer if possible or rub the hair gently with a towel.