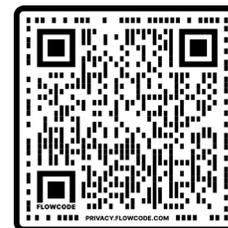


Cancer treatments may have side effects, including the loss of hair. Some people who have hair loss may feel more comfortable covering their head with a headscarf or other head covering. This sheet will help you understand the different products available to you, as well as how to tie a few popular styles.



**Before you start, watch our video on tying a headscarf at the link below or by scanning the QR code:**

<https://www.dana-farber.org/health-library/videos/tips-for-tying-a-headscarf/>

## Purchasing headscarves

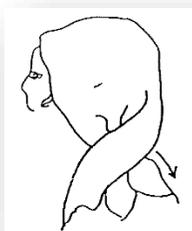
There are many choices available when shopping for headscarves or other head coverings. It can be overwhelming, so here are some things to think about:

- Larger scarves/fabrics can allow for more complicated ties but may not be good for a simpler style because it will leave you with long, free pieces.
- Satin-like or silk fabrics are comfortable but may slip out of place.
- Some fabrics may be irritating to your skin, or too hot in warmer seasons. You may want to choose a breathable fabric, like cotton.
- Pre-tied head coverings are available. This is a good option if you feel the tying may be hard to do. A hat might be an easier option for you.
- You may want to think about whether you want full head coverage, or partial. A wide headband may be more comfortable.

## How to tie: The Classic

Use a large square scarf folded into a triangle.

1. Place the folded edge of the triangle along your forehead with the ends of the scarf pulled toward the back of your neck.
2. Knot the ends at the back of your neck. If you have excess fabric, consider tying in a bow.
3. Pull the excess from above the knot to achieve a fuller look.

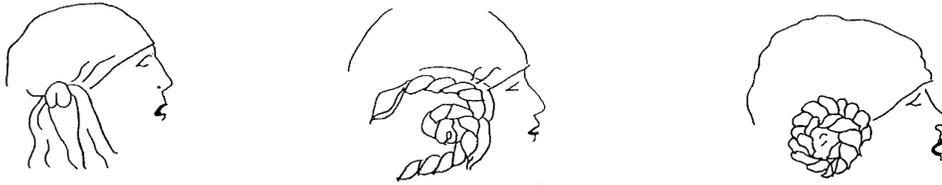


## How to tie: The Rosette Turban

Use a large square scarf folded into a triangle.

1. Place the scarf on your head with the ends toward one ear and tie the ends in a knot.
2. Twist one end tightly, wind it around the knot, and tuck it in. Repeat with the other end.

3. Hold the ends and the rosette in place with bobby pins.



### How to tie: The Open Head Twist

Use square or rectangle scarf folded several times to create a thin, long rectangle.

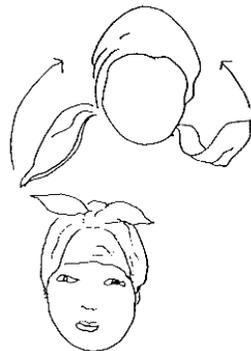
1. Start the scarf at the back of the head, then bring the ends to the front and knot them.
2. Twist the leftover ends and tightly tuck them under at the sides.



### How to tie: The Sporting Turban

Use a large square scarf folded into a triangle.

1. Place the folded edge of the triangle along your forehead, with the ends of the scarf pulled toward the back of your neck
2. Cross the ends made by the triangle in the back, then bring them to the front and tie in a knot.
3. Pull the excess from above the knot to achieve a fuller look.



The staff at **Dana-Farber's Friends' Place** are available to help with styling a headscarf. Visit them in the Yawkey building any time during regular business hours.

*The instructions in this teaching sheet are for informational purposes only. The content is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your doctor or other qualified health provider with any questions regarding your medical condition. If you experience any significant change in your health during or after treatment, contact a member of your cancer care team right away.*