ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
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Hair Care

Hair care can help a patient feel more comfortable and maintain dignity. This may involve combing, brushing, or washing hair as needed.

Supplies Needed:

- Comb or hairbrush
- No-rinse shampoo or regular shampoo
- Towel
- Basin of water (for rinsing)
- Hair dryer (optional)

Steps:

1. **Brush or Comb Hair:**
    a. Gently brush or comb the patient's hair to remove any tangles. Start at the ends of the hair and work your way up to the roots to minimize discomfort.
2. **Washing the Hair:**
    a. If the patient is in bed, use no-rinse shampoo for convenience. Apply it to the hair, lather, and then towel dry.
    b. If using regular shampoo, protect the bed with a waterproof pad. Place a basin under the patient's head to catch water. Use a cup or container to pour warm water over the hair, lather with a small amount of shampoo, and rinse thoroughly.
3. **Dry and Style:**
    a. Towel-dry the hair gently. If using a hair dryer, set it to a low heat setting to prevent burns or discomfort.
    b. Comb or brush the hair again and style it as the patient prefers.