

FACT SHEET: BASIC HAIR CARE

Basic hair care plays an important role in managing hair and scalp disorders. The following are some hair care tips that you may wish to try at home:

- Always handle your hair gently and carefully.
- Shampoo your hair gently instead of vigorously. Wash your hair using cool or warm water, avoiding very hot water. While shampooing, massage the scalp gently using the tip of your fingers (not your fingernails) to improve circulation to your scalp. After that, rinse thoroughly to remove all traces of shampoo.
- If your hair feels dry after shampooing, use a conditioner regularly. Long hair usually needs a conditioner to prevent tangling.
- After a bath or shampoo, blot your hair dry instead of rubbing it vigorously with a towel.
- Always use a wide-toothed, blunt tip comb when combing wet hair. Do not brush wet hair as it is more fragile and is likely to snap.
- When using heat drying or styling appliance, ensure that the temperature is set at medium or low. Keep the appliance at least six inches away from your hair. It may take a little longer to dry but will be less damaging to your hair.
- Limit the usage of curling irons to only two to three times a week. Use smooth-surfaced or foam rollers instead of brush rollers.
- Do not brush your hair frequently during the day. Use a soft nylon brush with rounded tips when brushing.
- Avoid excessive chemical processing of hair using bleach, tints, permanent waving or straightening products.
- Protect your hair from the damaging and drying effects of excessive exposure to the sun. After swimming, promptly wash your hair to remove chlorine, salt water and other chemicals.
- Keep a short and simple hairstyle. Avoid braiding, tying up your hair in ponytails, hair braids or clips.