



# 假发保养 小常识

新加坡国立癌症中心假发库

抗癌治疗会影响有助于毛发生长的细胞，从而导致脱发。在新加坡国立癌症中心，我们希望能帮您在接受治疗时看起来一样精神，漂亮。这项服务是免费的，服务包括新假发，假发试戴和基本造型。

## 假发保养

### 清洗假发

1. 如果没有洗假发的洗发液，可以使用温和的洗发液。
2. 清洗次数：每戴6-8次之后洗一次。如果每天戴，就一个星期洗一次。如果不常戴，就一个月洗一次。

### 步骤

1. 在清洗假发前，用手指或宽齿梳轻轻地梳开打结的发尾。
2. 将5-10毫升的洗发液加入一盆水里。
3. 将假发内侧翻出以清洗假发基底/内衬。
4. 将假发浸入备好的水盆里，轻轻地以搅拌的方式清洗假发。不可刷洗或搓擦假发内衬或假发纤维。
5. 用自来水彻底冲洗干净。
6. **风干**：用毛巾轻轻按干，不要挤压或拧干潮湿的假发。将假发挂在假发架或拥有较宽开口的瓶子/罐子上风干，不可用吹风筒吹干。
7. **造型**：待假发干透后，才梳理假发。建议用宽齿梳子或手指为假发梳理造型。

## 储存及维护假发

- 让假发自然风干。假发没有使用时，将它置放在假发架或较宽开口的瓶子/罐子上，以保持假发的形状。
- 没有使用假发时，将假发存放在阴凉干燥处。
- 避免使用美发产品，以减少清洗假发的次数。每次洗涤会缩短假发的使用期限。
- 不可为潮湿的假发进行梳理或做造型，以免破坏假发的纤维组织。
- 造型时不可使用吹风筒，热卷发器或滚筒，这会损坏假发的纤维。

假发试戴时间为星期一至星期五  
早上8点30分至下午5点30分，  
仅限预约。

如需预约，请致电癌症援助热线：  
6225 5655 或扫描此二维码。



欲了解更多癌症资讯与应对癌症治疗的副作用，  
请拨打癌症援助热线 **6225 5655** 或电邮至  
[cancerhelpline@nccs.com.sg](mailto:cancerhelpline@nccs.com.sg)

本册子是由以下组织所发起的癌症教育项目：

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# CARING FOR YOUR WIG

NATIONAL CANCER CENTRE SINGAPORE WIG BANK

Anti-cancer treatments can cause hair loss by affecting the cells that help with hair growth. At NCCS, we believe in helping you look good when you go through your treatment. This service is complimentary and service include a new wig, wig fitting and basic styling.

## Caring For Your Wig

### Washing

1. If wig shampoo is not available, mild shampoo can be used as an alternative.
2. Washing Frequency: After 6-8 wears. Wash once a week if used daily. If not wearing frequently, wash once a month.

### Steps

1. Gently brush the wig thoroughly with a wide-tooth comb/fingers to remove any tangles.
2. Dissolve 5- 10mls of shampoo into a basin of room temperature water.
3. Turn the wig inside out to wash the base/ inner lining of the wig.
4. Dip and swish the wig thoroughly in the basin of soapy water. Do not Scrub or rub the lining of the hair fibres.
5. Rinse thoroughly with running water.
6. **Drying:** Blot dry the wig with a towel. Do not squeeze or wring. Allow wig to air dry on a wig stand or broad cylindrical container. Do not use hair dryer.
7. **Styling:** Style the wig only when it is dry. Use a wide-tooth comb or fingers to style the wig.

## Storage And Maintenance

### Do's :

- Allow the wig to air dry naturally. Place it on a wig stand or broad cylindrical container to maintain its shape.
- When not in use, store the wig in a cool dry place and away from direct sunlight.
- Minimize the use of styling products so that the wig will not need to be washed frequently. Each washing shortens the lifespan of the wig.

### Don'ts :

- Do not style or comb the wig when it is wet. This is to avoid damage to the hair fibre.
- Do not use hot curlers or rollers on wig as it will damage/frizz the hair fibres. Use of hair dryer is not recommended.

Wig fitting is from Monday to Friday, 8.30am to 5.30pm and will be by appointment only.

To make an appointment, please call Cancer Helpline at 6225 5655 or scan this QR.



For more information and enquiries about cancer treatment side effects, please call the Cancer Helpline at 6225 5655 or email us at [cancerhelpline@nccs.com.sg](mailto:cancerhelpline@nccs.com.sg)

A patient education initiative by:

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