



QUALITY SUPPLIER OF MENS HAIR SYSTEMS



Self Maintenance

Hair System Care & Maintenance Guide

Self - Maintenance Hair System Tips

STEP 1) Removing Your Hair Replacement System

Taking your hair system off can be **tricky** and a little dangerous if you don't know the right procedure. The material is quite delicate and you could risk tearing or damaging the unit.

If you're looking for an easy and SAFE way to remove your hairpiece or toupee, just follow the instructions below to reduce hassle and minimize the potential for hair system damage.

Step One Applying adhesive remover

To begin, find your spray-on or dab-on adhesive remover and apply it directly on the area of your hair system that is secured to your scalp.

Allow the solvent to soak in and break down the bond for a few minutes before continuing to the next step.



Step Two Begin peeling hair system from the back

In order to avoid damaging your front hairline, we recommend always removing your hair system from back to front. Start by using the tips of your finger to feel around for the very back edge of the unit.

Quick Tip: If you wear a full cap hair system we recommend peeling up the sideburns first before starting at the back.



Step Three Peel up back of hair system until removed

Once you've located the back edge, gently scrap across it with your fingernail. All you need to do is peel up enough of the base so you can grab onto it tight with your fingers.

While peeling your hair system off from the back, use your adhesive remover spray between the bottom of the base and your scalp. This will help break down the adhesive and make the unit easier to peel off.

Using a spray remover? Spray a light mist directly between the base and your scalp while peeling up the unit, after a few inches, stop and spray more adhesive remover.

Using a dab-on remover? Either use the dab-on applicator or soak a liberal amount of adhesive remover on the tip of a paper towel. While peeling up the unit, swipe the applicator or paper towel across the bottom at the point where it is attached to your scalp.

Whatever method you choose, simply continue a few inches at a time until your hair system is completely off.

Warning If you wear a polyurethane or skin hair system base be careful not to pull too hard as you could stretch the material

STEP 2) Scalp Preparation

Remove adhesive residue

Begin by wiping all visible traces of hairpiece adhesive residue from your scalp with a wet towel or cloth. Using a paper towel and adhesive remover rub



Quick Tip: You can use a wide tooth comb and comb through your own hair to scrape off any excess residue

Wash your entire head

Next, hop into the shower and wash your entire head, hair and scalp thoroughly at least twice.

While showering, thoroughly scrub your scalp and hair with [exfoliating scalp scrub](#). Rinse and repeat 4-5 times. This will ensure any trace of hairpiece adhesive residue is eliminated.

Dry your head

After showering, be sure to fully dry your head and scalp with a towel and/or blow dryer, removing all excess moisture.



This would also be a good time to remove or shave any hair or stubble from the bonding area. We recommend using an electric shaver.

Applying water-proof sealant

Last, we highly recommend applying a layer of waterproof sealant, such as our [Scalp Prep](#), to your skin. This will help protect your skin as well as encourage adhesion with the [toupee tape](#) or adhesive. (Allow the Scalp Prep to completely dry before attaching your hair system.)



After you have completed the scalp preparation, *and only after*, will you then be ready to attach your hair system!

STEP 3) Cleaning your Hair System

Removing the hairpiece tape

Start by removing the hairpiece tape from the polyurethane areas of your system. Use your fingernail to gently "flick" or scrape up the very edge of the hairpiece tape to start the peeling.



Quick Tip: If you are struggling to take the tape off spray some more adhesive remover and leave to soak for a few minutes.

Cleaning the hair system

Lay your hair system in a sink face up (the hair will be on the bottom) and under cool running water never use HOT water)



To clean the lace areas gently brush the swollen adhesive residue with a finger nail brush to loosen and break it free.

To clean the skin areas use a teaspoon by scraping any excess residue off with gentle, short vertical strokes.

After getting most of the excess residue off shampoo and condition

Shampoo and condition

Finally, after rinsing thoroughly wash the unit again, this time using a mild shampoo to balance the acid level and lastly condition.

Your unit should now be clean and clear of any old adhesive residue.

Once you have finished cleaning the system place a dry towel on a table or floor and place the system on top of the towel. Gently roll up the towel with the system inside and squeeze the towel. This will help dry the hair and the system base ready to apply tapes again. Do not squeeze to hard.

STEP 4) Taping and Placing Your System Back On

Taping up your hair system

Place the system on your lap or flat surface.

If you are using a roll of tape cut the tape into pieces and snip the corners off from one side of the tape. Place the piece of tape and the side with the corners snipped off on the edge of the PU part of your hair system. Once firmly placed peel back the backing part of the tape half way and fold it back.

Cut off another piece of tape and repeat steps above. Ensure all gaps are filled around the entire perimeter of the hair system base.

Once done remove all the backing from the tape around the hair system

QUICK TIP: Before removing the backing from the tape you may want to practise placing the system on your head and ensuring you find the right position. Practice makes perfect so keep trying until you feel confident. Then you can remove the backing from the tape and try it for real.

Find the right location

Locate the front and center most spot on your forehead where your growing hairline would naturally begin. To find that spot on your forehead raise your eyebrows as if your're looking up at the ceiling. Gently run your fingers along your forehead until you find the area where the soft facial tissue meets the harder cranial tissue.

Your hairline will begin approximately 1/2 inch above this border of hard and soft tissue. Hold your index finger directly on the edge of the softer tissue, using your nose as the center point. With your other hand, mark a spot above your finger.



Begin placement

You are now ready for placement. Grasp both sides of the hair system and slowly lower the unit down onto your head so that the entire base touches your scalp at about the same time.



Once resting on your head, you should be able to move it freely over your scalp in all directions until it is aligned with your forehead guide dot or indentation and all around the edges of your natural growing hair.

Wait several minutes for the alcohol to evaporate and then you can begin carefully patting or pushing down on the unit to better secure the bond and hair system into place.

Quick Tip: Once you have placed on your head check it is all in the right position. Then use a wide tooth comb and comb through your hair system to ensure any hair stuck under the system is combed out. When you are happy then use your fingers to press down the system to your scalp tightly and add pressure to ensure a tight fit and any excess bubbles removed.

Style

At this point your hair system should be securely attached and positioned nicely where it belongs, covering your balding area. The very last step is to wet down the hair and using either a [Vent Brush](#) or your fingers, style your doo until you reach your perfect level of style.

Caring and Maintaining your Hair System

What you Need:-

- Sulfate Free Shampoo and Conditioner (Required)
- Wide Tooth Comb and Vent Brush (Required)
- Satin Pillow Case (recommended)
- Knot Sealer (recommended)
- UV Protection Spray (recommended)
- Leave in Conditioner (Required)

Extended Wear Hair System Attachment Tips

After showering or working out, the bond might seem like it is weakening. This is expected, your hair system is still attached securely, but the bond has softened a bit due to extra heat and moisture. Don't touch the hairpiece and as your body cools, the bond will harden again.

Airborne dust will attach itself to the toupee adhesive in the front edge of lace units and may become visible over time. Immediately after a shower is the easiest time to clean this area because the hairpiece adhesive is pliable. Spray a liberal amount of water on the tip of a double folded tissue. Hold your hair system back with one hand and wipe the edge of the lace using the saturated tissue with the other hand. This trick will help keep your lace front edge invisible at all times.

Hair System Shampoo and Conditioning

What's the most important thing you should know about shampooing your [hair replacement](#) system? In short, it can do more harm than good.

On the other hand nobody wants to smell or touch a dirty head so shampooing is a necessity for hair wearers. Our general rule is to do it only when you need it (or 1-2 times per week at most). Any more and you risk drying out the hair or causing [tangles](#).

Of course, we don't want you to get bored in the shower. So in addition to shampooing your growing hair we **strongly recommend daily conditioning of your hair system**.

Conditioning your unit everyday will help to hydrate and strengthen the hair, keeping it healthy and softer longer. In fact we believe in conditioning so much that we also suggest using a [leave-in conditioner](#) everyday after showering.

Quick tips for using conditioner on your hair system:

- Do it everyday!
- Work it into the hair (not your scalp or hair system base)
- Use a rinse out conditioner while showering
- Use a leave-in conditioner with sunscreen after showering

How-To Shampoo Your Hair System Properly and Safely

Shampooing your hair system is an important part of maintaining a natural (and *clean*) appearance. Unfortunately, it's also rough on the system. Here's a few things you can do to protect your investment and maximize the life span of your hair system.

MensHair2Go recommends shampooing your hair system only 1-2 times per week!



1. Work Your Way In

After wetting your hair and head, pour the shampoo into your hands first. Then start by lathering the shampoo into your natural growing hair. Only after you work the shampoo into your natural hair should you move toward and over top of your hair system.



2. Pat Softly But Don't Rub

With the shampoo covering your entire hair system try and resist the urge to scrub the shampoo in with your fingers, this could damage the unit. Instead use a gentle patting motion to spread around the shampoo. This should also help it get through to your scalp.



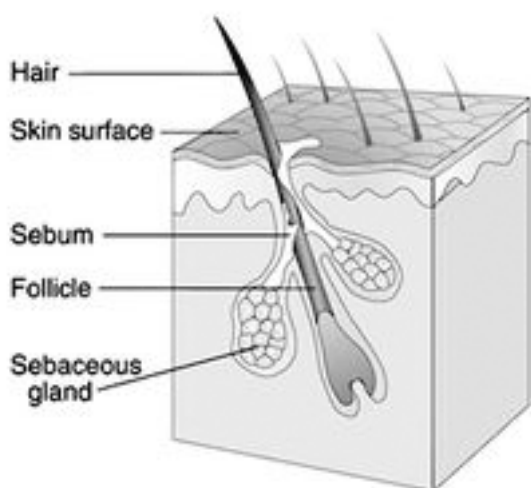
3. Go With the Flow

Once you feel like you've shampooed enough, rinsing is the last obstacle. To avoid tangling, be sure and rinse your entire head with the water streaming in the same direction and while you keep all the hairs facing the same direction as well.

QUICK TIP: You can also use a brush to brush in the shampoo or conditioner into your hair system but make sure you do this gently.

Keeping Your Hair System Soft

Hair softness is all about the **sebum**, or lack thereof anyway. Each and every one of your natural, growing hairs is constantly being coated with a very fine layer of sebum. This is why your hair feels oily after several days of not washing (not that you'd go that long without washing your hair... right?)



What's sebum? Glad you asked. Sebum is a **natural semi-fluid secreted by the sebaceous gland**. Your sebaceous glands are most commonly found attached to individual hair follicles where they can deposit sebum and bring it to the skin surface along the hair shaft.

This sebum coating helps to keep your natural growing hair hydrated, strong and soft. Unfortunately the hair attached to your hair system doesn't enjoy such a luxury.

When you order a hair replacement system from MensHair2Go we use only 100% human hair (as opposed to synthetic) and thus there is always a small amount of sebum remaining on the hair strands. But constant wear and cleaning will eventually remove all traces leaving the hair in your system dry and brittle.

What can be done to keep the hair softer for longer?

Maintaining a soft head of hair is a problem we all face. It's one of those unfortunate and inevitable realities that come along with wearing a hair replacement system. But there are a few tips you might find helpful.

Keeping your [hair replacement](#) system from feeling like straw is just as much about what you *don't do* as it is about what you *do*, do.

Don't Do's (or at least try not to do to):

- Excessive shampooing
- Constant swimming and exposure to chlorine
- Blow drying your hair frequently

Do Do's (if possible):

- More conditioning, try leave-in conditioners
- Use hair products that contain sunscreen
- Air dry your hair

In a perfect world your hair system would stay soft forever

But alas, we don't live in a perfect world. Until then **all hair wearers will struggle with keeping their hair as soft as it was the first day.**

Preventing Oxidation

As summer approaches, the cold rainy clouds are beginning to part and allow the warmer air and sunshine to peak through.

Don't let the summertime REDS get you down

Harmful UV Rays from the sun can cause the hair in your hair system to turn orange or red in color. This change is called **oxidation** and though it is a gradual process, if you spend time outdoors, it could affect you and the natural appearance you're used to getting from your hair replacement.

What is oxidation anyway?



Oxidation is a chemical reaction that affects the color hues in your hair anytime oxygen is present and the molecules are exposed to UV light.

In other words, anytime you're outside in the sun! This chemical reaction causes damage to the outer layer of the hair shaft, in both [human and synthetic hair](#).

How does oxidation affect your hair system?



Your hair system may begin to take on a red hue or color tint. This is most often a direct result of losing the green **color pigments** in the hair shafts of a hairpiece.

These color pigments become exposed to the elements and turn red because oxidation causes the outer layer of hair follicles to peel back. Imagine the trunk of a palm tree... this is what the hair follicles in your system look like after oxidation has begun!

What else can be done to avoid oxidation?

Assuming you aren't able to stay indoors 100% of the time, you'll always face oxidation issues with your hair system. However, these days buying online, direct from the factory has become easy and affordable. So easy in fact that many hair wearers are opting to simply order a new unit when oxidation starts.

Ok, so oxidation is bad. Now what?

An ounce of prevention = A pound of protection.

Many [hair replacement products](#) contain UV protectors to help block most of these harmful rays and some even contain antioxidants to help neutralize the process entirely. Using these products doesn't mean oxidation will never be an issue, but they will help.

Every man and woman wearing a hair system should have a variety of products to help deal with oxidation. You'll probably develop your own preferences eventually, but for now the list below is a great place to start.

Also, if you'll be spending long periods of time outdoors you may want to **consider wearing a hat or baseball cap**. Anytime you can protect your hair system from direct UV sunlight will help to extend the time it takes to oxidize.

Detangling Tips for Hair Replacement Systems

When the hair in your hair system gets tangled, it can mean a lot more than just a few extra minutes of combing in the morning.

By detangling your hair system the wrong way, you may inadvertently be diminishing the condition and life span of your investment.

Safe, Do-It-Yourself Tips

Simple, safe and effective tips that every person wearing a [hair replacement](#) system can use to get minor hair tangles out.

- Before getting into the shower, wet your head and brush all the hairs toward the same direction. This adds moisture to the hair strands and will ease friction while washing.
- If your hair is tangled before you get in the shower it helps to dilute your shampoo with just a little bit of water before applying. This will also make it easier to rub the shampoo in to the hair.
- Using a wide-tooth comb or a specially designed Vent Brush in the shower while you shampoo will help prevent hair strands from intertwining and getting caught on each other.

Prevent System Hair Loss

Friction and bacteria are a dangerous duo that can wreak havoc on your hair system. But you can fight back! Together or on their own, friction and bacteria can cause physical trauma to your hair. Limiting this trauma will help prevent hair in your hair system from falling out and keep it looking its best for longer.

Cut Down On Frictions



[Hair replacement](#) systems are vulnerable to friction because they lack a substance called Sebum. Sebum is a natural oil secreted by the follicles of your growing hair to lubricate and protect the hair shaft against friction and static.

A major cause of friction comes from sleeping with a pillowcase made from coarse materials. The constant contact with linen leads to hair breakage. Most times, simply using a satin pillowcase will dramatically reduce the level of friction and extend the life of your hair system.

Avoid wearing hats or helmets for extended periods of time. This will also help to lengthen the time bonding adhesives stay effective.

Friction is also caused by excess combing and brushing. Using a lubricating agent like water or leave in conditioner which will moisten the hair and reduce friction while you're in front of the mirror stylin' the doo.

Keep Out Bacteria



Bacteria build up will destroy hair structure and cause it to weaken and break. The knots where the hair is tied into the system are most vulnerable as they tend to hold and retain moisture.

It is better not to use rinse type conditioners that contain hydrolyzed proteins like panthenol (pro-vitamin B5). Instead, [spray on leave in type conditioner](#) may be a better alternative as it tends not to collect in the hair system knots as easily.

However, using a shampoo that contain these hydrolyzed proteins is recommended. This is because the hair in your hair system will absorb the proteins during the cleaning process and the excess is more likely to be rinsed away.

Use a Knot Sealer



Everyone knows that styling products are a great way to keep your system looking great, but did you know these products can also weaken the knots in your base over time? Stuff like shaping crèmes and hair sprays seep into the knot, loosen them and cause the hair to fall out. So a knot sealer can slow or even stop hair loss by locking the hair knots to your base with a thin, silicone-based layer of protection. With regular use, a knot sealer could virtually eliminate hair loss in your unit.

Stuff to Remember:

- Friction and bacteria are the bad guys
- Use a satin pillowcase when sleeping
- Avoid wearing hats or helmets
- Avoid excessive combing of dry hair

- Do not use rinse type conditioners that contain protein
- Do use shampoos that contain protein
- Use a knot sealer to lock hair knots to your base.

Quick Summary

- Always use SULFATE FREE Shampoo and Conditioner
- Do not Shampoo every day but once or twice a week and use leave in Conditioner
- Sleep on a Satin Pillow case if possible to reduce friction
- Use Knot Sealer to prevent hair loss and any UV protection sprays to help prevent Oxidization when out in the Sun.
- Use a swimming cap when swimming if possible

A Hair System is the best way to getting your full head of hair back so most importantly enjoy it and enjoy wearing it

We always recommend having a spare system as a back up in case of any emergencies

