

Making a Hair System Template

Making a custom template is the best way to get an accurate and well-fitting hair system. It's used by the factory to create a mold of your head, and ensures your hair system perfectly fits the size, shape, and contour of your head, which allows the system to feel more secure and comfortable.

Although you can make a template on your own, it is a bit challenging. We recommend you find a friend to help, or work with a local hair stylist.

Hair systems come in all different shapes and sizes. Please follow the directions shown here for creating the structure of your template, understanding that you will likely need to draw a different shape for your hair system than shown in this video.

If you're not sure which area to cover with the template, please speak with a hair replacement consultant before beginning.

Please use the supplies listed below. We *cannot* use templates made with other materials, such as duct tape or plaster.

Supplies

Plastic kitchen wrap**Permanent marker**

Choose a color you can easily see against your hair color

Cellophane tape

About 3/4 inches wide

Clear packing tape

About 2 inches wide

Brush or comb**Water**

To dampen your hair

Scissors**Hand mirror****Wall mirror**

Your chosen frontal guide, from Gather™

You may also need: Isopropyl alcohol and a paper towel

Before you begin

If you have no front hairline, or plan to shave it off, find and mark the center point for your front hairline as directed in previously provided instructions.



Position your frontal guide on your front hairline mark or behind your growing hairline to ensure you're happy with the shape. If you don't like it, please speak to a hair replacement consultant before making your template.



Pre-cut your plastic wrap and tape

Cut one or two 3-foot-long pieces of the plastic wrap depending on how much of your head you need to cover

Cut about twenty 10-inch-long pieces of cellophane tape

Cut about six 10-inch long pieces of transparent packing tape

You may need more or less than what we suggest here, but it will be much easier for you if you pre-cut these items.

Step 1: Determine coverage area

To begin, you need to determine the exact area you would like to cover with your hair system, taking into consideration your pattern of hair loss. Look in the mirror to fully assess your coverage area, and be sure to look at the back of your head using your hand mirror if that is a problem area for you. When looking at the back of your head, make a mental note of the lowest point you would like the hair system to cover.



Tip

If your system needs to cover the nape area, we recommend that it ends just above the fold in your neck, where the fatty tissue is. This is commonly in line with (or just above) the bottom of the ear lobe. Bringing the system below this point can cause your adhesive to fail due to the continuous movement where the base of your skull meets your neck. If this concerns you, please speak to a hair replacement consultant before you begin.



Step 2: Cover the area with plastic wrap

Prepare to lay down the plastic wrap by dampening your head and any hair with water and combing it as flat as you can to your head. This will prevent the plastic wrap from sliding around, and will allow you to get a close fit to your scalp.

If the plastic wrap is not wide enough to cover your area of hair loss, you will need to use more than one piece. To do so, align the pieces of the plastic wrap on a table, smooth out any wrinkles, and tape the pieces together, so you have one wide piece of plastic wrap that is at least 3 feet in length.



Step 2: Cover the area with plastic wrap (*continued*)

Lay the plastic wrap over your scalp, covering all areas of hair loss. Adjust the plastic wrap so it comes forward past your front hairline, and below the lowest point of where your hair system will sit at the back of your head.

Pull the lengths of it down over the sides of your head. Grab the excess length of wrap on the left side with your left hand and the right side with your right hand.

Twist the ends of plastic wrap simultaneously on each side to tighten the plastic until it feels taut on the area of your head you are trying to cover.

Keep the plastic wrap taut, but be careful not to stretch it, as this will cause it to shrink when it's removed. Secure the plastic wrap in place by tying the ends under your chin.

Make sure the plastic wrap is laying smooth against your scalp, with as few wrinkles as possible.



Step 2: Cover the area with plastic wrap (*continued*)

Tip

It's important that the plastic wrap is flat and smooth against your scalp, but pulling it over the ear prevents this. To keep the plastic wrap flat around your ear, cut a small slit in the plastic below the top edge of your ear. Do not extend the cut past your ear.

Carefully release your ear from the plastic wrap and cut away the excess.



Tuck the remaining plastic wrap behind your ear, make sure it is smooth and flat, and tape it in place. Apply additional pieces of tape around and in front of your ear, to keep the plastic wrap flat.



Step 3: Align and attach your frontal guide

Now you will incorporate your frontal guide with your template. Prepare by applying some tape to the back of the frontal guide so that it will remain in place on your head.



Align the front center of your frontal guide with the mark you made on your forehead, or where the front of your hair system will be placed behind your growing front hairline. Press it into place.



Tape the center, left and right edges of the frontal guide to the plastic wrap to hold it in place.



Step 4: Trace the coverage area

With the permanent marker, trace the area you would like your hair system to cover with a visible, solid line on the plastic wrap. When drawing the line, make it thin but visible. If the line is too thick, we won't be able to tell if you want the edge of your hair system to be at the top, middle or bottom edge of the line.



Remember...

Your template will likely be a very different shape from the one shown here, especially if you're trying to cover something like a scarred area, a stubborn area of alopecia, or, just the front of your head.

If you need to make adjustments to your line, just dampen a paper towel with some rubbing alcohol, dab away the line, and re-create it.



Try to make the line as accurate as possible. You'll be able to refine it later, when the template is removed from your head.

Step 5: Tape the template

Before you begin

Before you get started, assess the area that needs to be covered with tape. If you're not covering your whole head, only tape the areas that you want to be covered by the hair system, but be sure you extend the tape at least one half inch past the coverage area.

If you have to cover most of your head, we recommend you tape the template in two halves -- the front half and the back half. By taping in halves, you'll have better control, and it'll be easier to apply tape.

Finally, if you need any coverage in the back, it's best to start there instead of the front. If you don't need coverage in the back, skip that part and start in the front.

Taping the back half

Begin with the 3/4-inch cellophane tape, because it's easier to control than packing tape.

Tilt your head down as far as possible while taping the back area, to ensure that the system fits snugly. Apply the 3/4 inch tape across your head, from side to side, starting at the nape. Continue applying tape, slightly overlapping it as you move up the back of your head, until you reach the crown.

Once you have completed the first layer of tape, apply a second layer of tape vertically, from top to bottom.



Make sure the tape is as smooth as possible and covers the entire area. If the template is not completely covered with tape, it will not be usable.

Once the back is covered with two layers of tape, move to the front, if you need to cover that area. If not, proceed with applying packing tape.

Step 5: Tape the template *(continued)*

Taping the front half

To tape the front half, hold your head in a comfortable upright position.

Start by applying the 3/4-inch tape over your head from side to side.

If your template is large, it may be easier to apply the tape from the center of the top of your head, down to one side, and then again from the center of the top of your head, down the other side.

When you're finished taping from side to side, begin applying tape perpendicularly from the front towards the back until you have covered the entire area.



Apply packing tape

Last, switch to the packing tape, and apply it in the same manner over the entire coverage area, from ear to ear only.



Step 6: Cut out and label the template

Cut the plastic wrap under your chin so you can remove the template from your head. Since the template will be snug against your head, removing the template may be a little challenging. Run your fingers underneath the edges, so it's easier to slide it off your scalp.



Cut the template out, leaving a 1/2-inch buffer outside the line you drew earlier. Then, retrace the line around your coverage area so that it is clean and clearly visible.

It's important to use a permanent marker to draw a clear and visible line indicating the edge of your hair system. However, we prefer you leave a 1/2-inch buffer around the line. If you forget, or accidentally trim up to the line, don't worry, it's still acceptable to send in.



Step 6: Cut out and label the template (*continued*)

Next, you'll need to label your template. Write the letter "F" or the word "front" near the front center mark you made in the previous step. Do not make any other markings.

Place the template back on your head to make sure it fits properly and covers the area you intended. If you're unhappy with it, repeat the process until you like how it fits.

In the space remaining, write only your first and last name.

Please do not include any other personal information such as phone number or email address on your template. We cannot send the factory any personal identifying information other than your name.



Send it to us

After you've labeled your template, place it in a small box and send it to us with a note that includes your name and contact information. Your hair replacement consultant will contact you once it's received.

Mail to:

HairDirect
1866 Colonial Village Lane
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Lancaster, PA 17601
800-424-7436 (U.S. & Canada)
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