



## Orthopedic Motion, Inc.

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### CRANIAL REMOLDING HELMET WEAR AND CARE GUIDE

Congratulations on receiving your StarBand Cranial Remolding Helmet. Our goal is to break your baby into their helmet as easily as possible. Your baby will eventually be wearing this helmet for a full day schedule (22 hours a day), but we need to begin slowly with smaller increments of time before we can increase the wear schedule to the full time schedule. Your baby may need more time to break in than what is written below. Never break in sooner than what is listed below. It is alright to take a few days longer to break in to the helmet, as long as your baby is in the helmet full time by your next follow up appointment, which will be in one week from today on \_\_\_\_\_.

#### **BREAK IN SCHEDULE:**

**Day 1 (today):** Your baby will leave the office with the helmet on their little head. Wear for 2 hours and then remove. This will be all for today. You do not need to clean the helmet today. Please remember to close the strap to the mark that your practitioner made on your helmet strap. Do not pull tighter than the line on the strap, or you can cause too much pressure inside the helmet.

**Day 2 (tomorrow):** Have your baby wear their helmet for 2-3 hours in the morning, then remove it. Give your baby a 3 hour break, then place the helmet back on their head, and wear for another 2-3 hours in the afternoon. It is okay if they nap in their helmet. They will be sleeping in it eventually. You do not have to clean the helmet today either.

**Day 3:** Our goal for today is to wear the helmet full time. Start the day with placing the helmet on your baby's head. Remove the helmet a few times during the day briefly to check the skin condition, then place the helmet back on. If your baby is doing well in the helmet, give your baby a two hour break before bedtime, then put the helmet back on for bedtime, and keep it on all night. During this two hour break, please clean the helmet with instructions below. Some babies do a wonderful job with sleeping in the helmet and other babies may need a few nights to get used to wearing the helmet all night long. Don't give up with the night time wear, this time is one of the most important times for your baby to wear the helmet, since this is the time they grow the most and have the most changes in head shape. Initially, your baby will be extra warm with the helmet on, so please dress your baby in cooler clothing for bedtime, avoid fleece pajamas, and stick with cotton.

**Goal Schedule (full time schedule):** In the morning, when you get your baby up, remove the helmet for about a half hour as you change, feed, and get your baby ready for the day. This usually takes up to a half hour. Then place the helmet back on your baby's head. Wear the helmet for the whole day. Remove helmet 2 hours before bedtime for a two hour break. Place the helmet back on your baby's head at bedtime to wear through the night. At the beginning of the 2 hour break, you will need to clean the helmet daily, and wash your baby's head. See Cleaning Instructions below:

#### **CLEANING INSTRUCTIONS:**

You will need to clean the helmet every day (from day 3 forward). The helmet is waterproof, however, we want to prevent water from being forced between the two layers of plastic and foam. Never submerge the helmet in water or run it under a faucet. This can cause water to be trapped between the two layers which can cause mold to grow. Instead, use a washcloth to rinse your helmet. To wash, use your regular baby shampoo, suds up a washcloth, and clean the inside and outside of the helmet. Rinse the washcloth and use the rinsed washcloth to rinse the helmet. Continue to rinse out the washcloth and wipe out the helmet until all soap residue is removed. Towel dry. Take a clean cloth, wet with plain rubbing alcohol (unscented), and wipe the entire inside surface of the helmet, then air dry. The rubbing alcohol will disinfect the helmet and keep the smell down. Please avoid using baby wipes to wipe out the helmet. Baby wipes will leave a residue.

#### **SKIN CARE:**

It is common to have pink skin and areas of some redness when you remove the helmet. This is from the gentle pressures inside the helmet. We need pressure to reduce the asymmetric quadrants of the head. When the helmet is removed, the redness should go away after 30-40 minutes. If it does not go away, please contact us. You can apply diaper cream to the areas of redness to cool the skin and reduce friction inside the helmet. Never apply lotions or oils before putting the helmet on, except for a light amount of diaper cream (such as Desitin, Butt Paste, Aquaphor, Neosporin). You may see pressure in different spots from time to time. This is common and occurs as progress is occurring inside the helmet. Redness can also occur from growth spurts. This is why we keep a very vigilant eye on your baby and why it is very important to keep your appointments.

Sweating is common. Your baby's skin takes about 2 weeks to adjust to having a helmet on it 22 hours a day. After 2 weeks, you should notice a reduction in the amount of sweat. After your one week appointment, we will add in ventilation holes. This also will increase air flow and reduce the amount of sweat. You can dust the helmet with baby powder to reduce sweating if desired.

#### **COMMONLY ASK QUESTIONS:**

*Why is the helmet so low on the forehead and so close to the ears?*

We do not want any of the fluid of the head to escape out of the helmet and settle around the ears or on top of the eye. If it is not under the helmet, we have a hard time moving it to where it needs to go. We will reduce the trim lines when we can. We can always remove more material off the helmet, but we cannot put it back. We will be conservative at first.

*Why does one eye look smashed down?*

There is more fluid over one eye (in typical plagiocephaly cases). The helmet makes contact with one side of the forehead first, causing the eye to look like it is winking. This is not permanent and will go away as we achieve symmetry. This will not affect vision.

*Does the helmet give my baby a headache or cause pain?*

The helmets are FDA controlled. The FDA mandates/manages the fabrication and entire process of these helmets. The material choice is made with just the right density to be effective and never harmful. Your baby will not feel any pain, and the helmet does not cause headaches.

*What about utilizing the helmet with big hair, skin allergies, glasses, etc?*

Please consider cutting your baby's hair if it is thick and course. Thick hair can negatively affect the treatment in the helmet by adding an uneven buffer to the helmet itself. If your baby has eczema or skin allergies, please continue to use any prescription medication or ointment that your doctor has recommended while wearing the helmet. If your baby is wearing glasses, we recommend the glasses with a stretchable band to go around the helmet. We have a very small portion of our babies who are allergic

to the foam material inside the helmet. There is an alternate foam material that can be used instead which usually takes care of the problem. Please take pictures and stop usage of the helmet immediately if you are suspecting an allergy, and contact our office for an immediate appointment.

*What are the exceptions for wearing the helmet?*

Please remove the helmet if your baby gets sick and gets a fever. Remove for ear infections, day surgery, swimming, bathing, and any other emergency.

*How long do you think my baby will be in the helmet?*

Most babies wear the helmet for 3-5 months. Every baby is different. We will have a better idea of the time frame for your baby at your 3 week appointment when we measure and compare with your initial evaluation.

Please feel free to text us if you have any concerns or questions throughout the process. We are here for you and your baby, and want you to feel comfortable and at ease with the process. We take great pride in our work and successful outcomes.

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