

Cranial Remolding Orthosis (Helmet) Instructions

Suggested Break-In Schedule

Day 1: One hour on, one hour off→ repeat until bedtime
Day 2: Two hours on, one hour off→ repeat until bedtime
Day 3: Four hours on, one hour off→ repeat until bedtime
Day 4: Six to eight hours on, one hour off→ repeat until bedtime
Day 5: Ten to twelve hours on, one hour off→ wear tonight
Day 6: Fourteen to sixteen hours on, one hour off→ wear tonight
Day 7: Full time wear= 23 hours/day

Clean the orthosis daily with very mild soap or baby shampoo and lukewarm water, rinse well and let dry naturally; okay to let dry in the sunshine or in front of COOL fan, but no electrical heat sources.

Two or more times a week, ***wipe out*** the orthosis with rubbing alcohol or rinse with diluted vinegar to help control bacteria that cause smell. Alcohol wipes are fine; do NOT use baby wipes or household cleaners such as bleach wipes.

Your child will ***sweat*** in the orthosis; this is natural. When the baby is getting hot and sweaty, take the orthosis off for five minutes to wipe it out and give the little one a chance to cool down. You can sprinkle a ***small amount of corn starch*** inside the helmet (like flouring a cake pan) to help control perspiration. Then put the helmet back on.

If any ***chafing or skin irritation*** occurs, you can use a small amount of ***Aquaphor ointment*** on the irritated area. If the redness continues to last more than one hour after taking off the helmet, call your orthotist to discuss how to proceed.

If your child becomes ill while undergoing orthotic treatment (cold, flu, ear infection, etc) and develops a fever of 100 degrees or higher, leave off the orthosis until the temperature comes down to 99 degrees or less, when it can go back on with close monitoring.

Follow-up appointments are vital to the success of orthotic treatment! We schedule follow-ups in order to track progress and, more importantly, to adjust the helmet as needed for the safety and comfort of your child as well as the effectiveness of the treatment. Please come to all scheduled appointments; if any concerns arise between scheduled appointments, please call your orthotist so the issue can be addressed.

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