



# Cranial Remolding Orthosis

## Use and Care Instructions

### CLEANING

- Disinfect the helmet foam with rubbing alcohol
- Next, clean the Helmet with mild baby shampoo/soap. Use a washcloth or soft bristled brush (toothbrush or nailbrush) to scrub the foam firmly.
- Wipe out residue with a wet washcloth. Never submerge the helmet.
- Dry the Helmet inside and outside with a hand towel, then allow it to air dry. Do not use a hair dryer! This may melt the foam.
- Ensure the helmet and baby's head are completely dry before putting on helmet.
- The Helmet must be cleaned well every day to prevent infection or rash.

### SWEATING/HEAT

- Many babies sweat profusely the first few days.
- It takes about 2 weeks for the baby's internal thermostat to adjust.
- Dress baby lightly until he/she acclimates to the helmet. Onesies work well.
- In warm weather use a fan set on low in baby's room to provide circulation and use A/C on especially hot days.
- It may be necessary to remove the helmet if exposed to excessive heat to avoid over-heating. Be careful in hot cars.

### FEVER

- If your child has a fever above 100.5°F remove the helmet and leave it off until the fever has been gone for 24 hours

### RASHES AND REDNESS

- Heat rash occasionally occurs, especially within the first two weeks.
- If there is an area of deep redness that does not fade within 60 minutes, remove the helmet and contact the Lurie Children's Orthotics/Prosthetics Department to schedule an adjustment.
- A thin layer of **Vaseline** or **Aquaphor** over any areas of redness can prevent irritation and reduce friction.
- Daily cleaning is required to prevent skin irritation. The helmet has a warm, often moist environment that necessitates thorough, daily cleaning.
- Some find it helpful to use baby strength Teatree Oil Shampoo or Aveeno sensitive skin baby shampoo to reduce scalp irritation.



## SUMMARY

Consistency of use is the key to success. The prescribed time use is 23 hours daily. Expect to see some red or pink areas the first few days and after adjustments. Often friction is the cause of irritation. Apply Aquaphor or Vaseline as needed. When necessary, remove the helmet (i.e. heat, red marks, fever), do not worry about relapse. The improvement is bone growth and will not relapse. *The cranial remolding helmet is not a safety helmet. If baby is a passenger on a bike or bike trailer, remove the cranial remolding helmet and use the appropriate safety helmet.*

## WEANING IN SCHEDULE

A gradual increase in helmet use over a period of five (5) successive days is recommended. The schedule below has been developed to prevent skin problems and to help your baby adjust to wearing the helmet.

The hours below indicate an alternating schedule of the time the helmet is put on followed by the time the helmet is left off (i.e. Day 2 = 2 hours on followed by 1 hour off, then the helmet is put back on for another 2 hours etc.). Repeat the on and off schedule throughout the first four days.

	ON	OFF	NAP	NIGHT
Today	1 hour	1 hour	No	<b>No</b>
Day 2	2 hours	1 hour	No	<b>No</b>
Day 3	4 hours	1 hour	<b>Yes</b>	<b>No</b>
Day 4	7 hours	1 hour	<b>Yes</b>	<b>Yes</b>
Day 5	<b>23 hours</b>	<b>1 hour</b>	<b>Yes</b>	<b>Yes</b>

The goal is to be at 23 hours of wear by your first follow-up appointment 7-10 days after picking up the helmet. The exception to this is if there are any major concerns with skin irritation and excessive redness. Minor concerns (tipping, rotation, etc.) will be addressed at the first follow-up and should not limit wean in schedule.