



Helping Baby Adjust to a Helmet

Cleaning

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

Sweating/Heat

- Many babies sweat profusely the first few days.
- It seems to take 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 be sure to keep a fan set on low in baby's room to provide nice circulation and use A/C on especially hot days.
- Be careful with hot cars.
- It may be necessary to remove the helmet if exposed to excessive heat to avoid heat stroke.

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.

Rash

- Heat rash occasionally occurs, especially the first week or two.
- A dab of **Vaseline** or **Aquaphor** will prevent chaffing on the cheeks. It is common for a baby to get red cheeks from the temporal extensions on the STARband. Grinding away foam from these may actually increase friction and therefore add to the irritation. These extensions are a holding point on the STARband - shortening or thinning them may allow excess motion of the STARband.
- If there is an area of deep redness that does not fade within 60 minutes, remove the STARband and contact the Lurie Children's Orthotics/Prosthetics Department to schedule an adjustment.
- Daily cleaning is required to prevent skin irritation. The STARband has a warm, often moist environment that necessitates thorough, daily cleaning.
- Some find it helpful to use baby strength Teatree Oil Shampoo (available at Whole Foods) or Aveeno sensitive skin baby shampoo. Put it on at the beginning of the baby's bath and leave it on to soak in until the end of the bath. Rinse out at the end of bath.



General Tips

- 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 to remove the band (i.e. heat, red marks, fever), do not worry about relapse. The improvement is bone growth and will not relapse. Better safe than sorry.
- The STARband is not a safety helmet. If baby is a passenger on a bike or bike trailer, remove the STARband and use the appropriate safety helmet.