

Cranial remolding orthosis (cranial helmet)



Wear and care instructions

When will my baby wear the helmet?

Your baby will follow a special schedule for the first 5 days they wear the helmet. This is called the break-in period. During the break-in period:

- Your baby's skin needs time to adjust to having the helmet against it.
- You will **gradually** increase the amount of time they wear the helmet even if their skin looks OK.
- You will check to make sure their skin **does not** have:
 - Redness that does not fade to pink after 60 minutes.
 - Difference in skin texture.
- For babies with darker skin tones, look for changes in color. Any changes in color should start to fade after 60 minutes.

Break-in period

Day	Helmet stays on:	Times a day	Break with helmet off:	Nap	Night
1: _____	1 hour	3	1 hour or more	No	No
2: _____	2 hours	3	1 hour or more	No	No
3: _____	4 hours	2	1 hour or more	Yes	No
4: _____	8 hours	2	1 hour or more	Yes	Yes
5: _____	23 hours	1	1 hour	Yes	Yes

In the chart:

- Nap means whether or not your baby wears the helmet during their nap.
- Night means whether or not your baby wears the helmet while they sleep at night.
- On the morning of day 5 (after the first night), take the helmet off for 1 hour to check the skin.

After the break-in period

- Your baby will wear the helmet every day for 23 hours.
- They can have a 1 hour break from wearing the helmet. You may use this time to clean your baby and the helmet.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

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What if my baby sweats a lot or has sensitive skin?

It is normal for your baby to sweat for the first 2 weeks of full time wear. After 2 weeks, the sweating should decrease or stop.

- If your baby is sweating:
 - Take off the helmet. Dry their head and the helmet. Put the helmet back on their head.
 - Take off layers of their clothing until they can stay cool.
- If your baby has sensitive skin, talk with their care team for ways to help your baby's skin.

What if my baby has a fever?

The helmet does not cause a fever. However, your baby may get a fever from being sick or teething.

- Remove the helmet if your baby has a fever higher than 100°F.
- Begin the break-in period from day 3 if your baby has not been able to wear the helmet for 2 days or more. (You may use the schedule on page 1 as a guide.)

What if my baby has tight neck muscles and needs exercises?

If your baby has been diagnosed with torticollis (tight neck muscles):

- You will still need to complete the neck exercises your baby's physical therapist (PT) has given you.
- Remove the helmet during exercises.
- Put the helmet back on after you complete the exercises.

What should I use to clean the helmet?

- Use only unscented rubbing alcohol to clean the inside of the helmet. Other cleaners can irritate your baby's skin.
- Clean the helmet 1 time each day using rubbing alcohol and a soft toothbrush or textured washcloth.
- Make sure the helmet is completely dry before putting it back on your baby's head.
- You may use a hairdryer set on "cool" or a fan to make it dry faster.

How often can I wash my baby's head and hair?

- You may follow your normal routine to bathe your baby. Bathing your baby more often than normal may dry out their skin.
- Your baby's skin is already used to the products you have been using. Keep using the same shampoo, lotion and other care products.
- The helmet should not go under water. Remove the helmet before your baby bathes and swims.

What if my baby's skin looks red after I remove the helmet?

Your baby's skin may look red after you remove the helmet because their skin needs to adjust to having the helmet against it. This redness should improve within 1 hour.

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- Call your baby's care team if the redness lasts **more than 1 hour**. The helmet may need an adjustment.
- If your baby gets a rash, keep the helmet off until you can get in touch with the care team.

Can I cut my baby's hair?

You may cut your baby's hair. Do not shave their head. This can irritate the skin.

What else should I know?

- Keep the helmet away from pets when your baby is not wearing it. Pets might chew on the plastic and foam liner.
- Do not leave the helmet in a hot car. The heat may change the shape of the helmet.
- Your baby needs to wear the helmet 23 hours a day. Follow the exact instructions from your baby's care team. This is to help avoid incomplete correction of head shape.
- Talk with your baby's caregivers about the helmet.
 - Explain its purpose to family, friends, daycare workers and any other person taking care of your baby.
 - Teach them how to put on and remove the helmet. Also teach them to follow the wearing schedule.
 - Ask your baby's care team for extra copies of instructions to give to other caregivers.

Please call your baby's clinician or the main office number at 404-785-3229 if you have any questions or concerns about your baby's care.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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