



Cranial Remolding Orthosis CAREGIVER INSTRUCTIONS

Break-in Procedure:

In order to acclimate your child to wearing the helmet for 23 hours per day, we ask you to please follow the below schedule as closely as possible. Following this schedule will allow for a gradual increase in wearing time, aid in your child's adjustment to the device, and alleviate undue skin problems.

<u>DAY</u>	<u>ON</u>	<u>OFF</u>	<u>NAP</u>	<u>NIGHT</u>
1	1 hr	1 hr	no	no
2	2 hrs	1 hr	no	no
3	*4 hrs	1 hr	yes	*yes
4	8 hrs	1 hr	yes	yes
5	23 hrs	1 hr	yes	yes

**Child does not need to be awakened after 4 hours if sleeping well and no areas of concern.*

Monitor

- ◆ It is crucial that you monitor your child's skin each time the helmet is removed. If there is an area of deep redness that does not fade within 30 - 45 minutes or if skin breakdown is noted, discontinue wear and contact your practitioner immediately for instructions.
- ◆ If the child develops a rash, consult your physician concerning the possible use of hydro-cortisone cream.
- ◆ Each time the helmet is removed, check for loose parts as they can be choking hazards and can result in asphyxiation if swallowed.
- ◆ Keep the helmet away from family pets which can chew the plastic and foam liner.

Care and Cleaning

- ◆ The helmet should be cleaned one time each day, typically during the child's bath.
- ◆ Use only rubbing alcohol to clean the inside of the helmet. You may utilize a spray bottle to apply the alcohol or a clean cloth. You may also use a new soft bristle toothbrush to 'scrub' the foam. Set the helmet upside down to dry. A fan may be used to aid in the drying process. Drying in the sun can also help to alleviate odor and speed up the drying process. Do not place the helmet on a heat source as this may alter the custom shape of the device. Discoloration/yellowing of the device is normal.
- ◆ Shampoo your child's head daily. Children with very sensitive scalps may benefit from an herbal or mild hypoallergenic shampoo like Aveeno or Jason's Tea Tree Oil Shampoo.
- ◆ Only reapply the helmet when it is completely dry and your child's head and hair are also completely dry.
- ◆ Do not use powder, lotion, or wipes on the child's head or the inside of the helmet. These products may contain perfumes and ingredients that can lead to skin irritation.

Wear

- ◆ If your child has the flu or a fever the helmet may be removed. Return to full time wear as soon as possible. If the time the child is out of the helmet exceeds 48 hours, reintroduce slowly over a few days to help the child adapt to wearing the helmet again and ensure proper fit.
- ◆ It is considered normal for your child to perspire while wearing the helmet. The helmet can be removed for short periods of time to towel dry head/hair and the inside of the helmet if perspiration is excessive. Take this into consideration when dressing your child. Your child's body temperature should adjust with time.
- ◆ The helmet should not be emerged in water nor worn while swimming.
- ◆ Your child is to wear the helmet as prescribed by your physician and practitioner.
- ◆ Be certain all caregivers are properly trained in the purpose and use of the helmet.

Contact Great Steps O & P (320) 229-1742 with any questions or concerns regarding your child's care so that issues can be resolved promptly. We are excited to be working with your child and your family. This is truly a team effort and to ensure the best possible results, compliance and communication are essential.