

Rebound

ORTHOTICS & PROSTHETICS

Cranial Helmet Wear & Care Instructions

Your orthotist will provide guidance on how to properly use and maintain your child's cranial helmet during the fitting process. Here are some key points to remember:

Importance of Compliance

- A Cranial Remolding Orthosis (CRO) is a medical device and should be treated as such.
- Once the initial fitting is complete, the success of your child's treatment is entirely in **your hands**. The most critical factor in achieving the desired outcome is your adherence to the prescribed helmet-wearing schedule.
- It is essential that the child wears the cranial remolding helmet for **23 hours each day**.

Safety & Usage Instructions

- Keep the orthosis away from pets and other children.
- When putting on the helmet, always verify that the straps and apertures are securely fastened and that there are no loose parts.
- If your child needs a haircut, avoid shaving the head entirely, as this could cause irritation.
- **Do not use the orthosis if the baby has a fever** (temperature above 100.4°F). Regularly check the child's temperature, and resume the helmet-wearing schedule as soon as the temperature returns to normal and remains stable.
- Limit the time the orthosis is not worn. Extended periods without use may affect the fit, since growth spurts are sudden and unpredictable.
- When outdoors in excessively hot weather, closely monitor the child to prevent overheating. In such cases, you can remove the helmet for **short periods of time**.
- Remove the orthosis during physical therapy sessions, but replace it as soon as possible afterward.

Skin Care & Cleaning

- After removing the helmet, inspect the skin of the child's head carefully.
 - Redness is normal, however any red spot lasting **longer than 1 hour may indicate the need for a modification**.
 - If there is any skin damage, do not use the helmet. Contact your orthotist and remove the helmet until the skin has completely healed.
- Excessive sweating can occur during the initial break-in period. If this happens, the orthosis may be removed to gently dry the child's head with a towel. Dressing the child in cooler clothes and using a fan can be helpful.
- Wash the child's head daily using water and/or mild shampoo, ensuring the head is completely dry before putting the helmet back on.
- Do not change any of the lotions, shampoos, or detergents, as this may trigger a skin reaction.
- Remove the orthosis and clean it at least once a day - use this time to check their skin.
- For cleaning the inner surface, use only a non-perfumed alcohol-based solution, such as a 70% alcohol solution, or CPAP wipes.
- Only clean the inner foam layer (plastazote cushion).
- Allow the helmet to **air dry completely** before reapplying it.

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The orthosis should be worn **23 hours a day** to prevent further flattening. Wearing the orthosis for less than the recommended time could prevent optimal results or even cause problems with the skull's shape.

Since babies' skulls grow rapidly, it is crucial to maximize the potential for redirecting cranial growth to areas of flattening. **Failing to follow the prescribed wearing schedule could lead to skin breakdown or, in some cases, the need for a completely new orthosis due to outgrowth.**

Break In Schedule

It is important to adhere to the prescribed helmet-wearing schedule to allow for skin contact tolerance and body temperature adjustment

DAY	ON & OFF TIME	NAPS	OVERNIGHT
1	1 hour on / 1 hour off (repeat until bedtime)	No	No
2	2 hours on / 1 hour off (repeat until bedtime)	No	No
3	4 hours on / 1 hour off (repeat until bedtime)	Yes	No
4	8 hours on / 1 hour off (repeat until bedtime)	Yes	Yes
5	23 hours on / 1 hour off	Yes	Yes

Starting on Day 5, the orthosis should be worn for 23 hours each day. The 1-hour break can be taken all at once **or** split into two 30-minute breaks—whatever fits best into your schedule.

It is normal to see spots of redness on your child's head after removing the helmet. These occur because the helmet makes contact with the head to help stabilize its position and direct growth to the flattened areas.

Over the course of the break in period, the child's skin will slowly get used to the new contact. If however, there is substantial redness remaining **1 hour** after removing the helmet contact us for an adjustment.

Please reach out if you have **any** problems, questions, or concerns. You can call or text your clinic's number listed below. We encourage taking photographs of any problem areas to aid us in our responses and adjustments.

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