

# 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.

### 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 clinician 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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## **Cranial remolding orthosis (cranial helmet), continued**

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- Call your baby's clinician 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 clinician.

### **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 or call the

**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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