

## Device Guide

# Cranial Molding Helmet

### PURPOSE

A baby's head develops about eighty five percent in the first year, which is why early intervention can successfully round out the shape of an infant's head. By gently preventing excessive growth in some directions and at the same time encouraging growth into the special areas built into the cranial molding helmet, a rounder and more balanced shape is easily accomplished.

### DONNING INSTRUCTIONS

1. Open the helmet up and aim to get the child's ears aligned with the appropriate openings. Once the helmet is on make sure it is situated properly and fasten the velcro strap.
2. Teach all childcare providers the proper care, application and removal of the cranial molding orthosis. All caregivers should be comfortable using the orthosis.

### BREAK-IN SCHEDULE

The orthosis should be worn 23 hours a day, seven days a week, with one hour out of the helmet each day for bathing and hygiene.

Skin checks should be performed every 3-4 hours the first two days of wear. Call your orthotist immediately if there is an area of deep redness that does not fade in one hour. This indicates the need for pressure relief.

### CLEANING INSTRUCTIONS

- At bath time each day, remove and clean the orthosis immediately. Use only 70% or 91% rubbing alcohol to clean the orthosis because other solutions will burn the child's skin. Vigorously rub the inside of the orthosis with a washcloth containing rubbing alcohol or by applying rubbing alcohol to a new soft toothbrush. Set the orthosis upside down to dry. Shampoo the child's head every day. Reapply the orthosis when the head and the orthosis are completely dry.
- The orthosis should never get wet, and should be removed for swimming. Wash your child's head with shampoo after swimming to remove chlorine, sunscreen, or other products. When the hair and the orthosis are dry, reapply the orthosis.

### PRECAUTIONS

- For the first 3 days the infant may perspire excessively until his/her body accommodates to the cranial remolding orthosis. The orthosis can be removed throughout the day to dry the child's head and the orthosis. Replace the orthosis immediately. Do

not use powders on the head or in the orthosis. If a heat rash appears at the base of the skull, apply hydrocortisone cream (Cortaid) sparingly to the irritated area once a day after bathing. The cream is available over the counter.

- If there is skin breakdown, remove the orthosis and contact your orthotist.
- If you have been instructed to do neck exercises, remove the orthosis during the exercises.

### MAINTENANCE

- The orthosis sometimes develops an odor, especially when the weather is warm. It is important to clean the orthosis as soon as it is removed at bath time. In humid climates a fan can be used to "air out" the orthosis. Setting the orthosis upside down in the sun also helps eliminate the odor. Keep the orthosis out of reach of pets.
- In extreme cases, "Zeasorb" powder can be used when severe sweating persists and the child develops heat rash that does not subside. Apply once a day inside the orthosis. Tap a few times to remove excess powder. Watch for skin dryness.
- The outside of the orthosis can be decorated with paint, pens, or stickers. Acetone can be used to remove the decorations on the outside, but should never be used inside the orthosis.

## DON'T HESITATE TO CONTACT US

Lawall takes great pride in our continuing care program. Seeing our patients for regular follow-up visits helps to avoid problems before they become major issues.

Schedule an appointment for one week after your child has been fit with the cranial molding orthosis. Schedule follow-up appointments every three weeks. Don't hesitate to call or make an appointment if you have any questions. 1-800-735-4627

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