

CUSTOM ORTHOTICS OF LONDON INC.

CRANIAL REMOLDING HELMET THERAPY

1. WEAN IN SCHEDULE:

- Follow the gradual wean in wearing guide as recommended by the specialist.
- This was developed to help everyone involved adjust to the new orthosis and prevent skin problems.
- Even if your baby is not having any problems, DO NOT accelerate this schedule.

Day 1: Wear the helmet two hours on and two hours off.

- The helmet is not to be worn the first night but can be worn for naps shorter than 2 hours.
- When the helmet is removed, check for areas of redness and monitor until they go away.

Days 2 - 5: Increase the amount of time in the helmet to three hours on and one hour off, increase the number of hours on each day.

- Once the helmet is tolerated for sufficient amount of time it can be worn helmet at night.

At the end of the first week, your child should be wearing the helmet full time (23 hours on, 1 hour off).

- Inspect for persistent redness when your child first wakes up and during bath time.
- The orthosis should NOT be worn during bath time.

2. SWEAT & SKIN CARE:

- Your child may sweat excessively for the first 2 weeks. Sweat can quickly irritate the skin. To prevent irritation, wipe the sweat with a damp or dry cloth when you remove the helmet.
- Your child should sweat less as the body adjusts to the orthosis and the full 23-hour schedule is reached.
 - Dress the child in lighter clothes for the first couple weeks while they adjust
- When needed, use a NON-SCENTED hypoallergenic lotion. This can be done to the cheeks, forehead and back of neck after your child's bath to prevent dry skin
 - Ensure the lotion is soaked into the skin before putting the orthosis back on.
- DO NOT use any oils or powders on the head.
- DO NOT use any ointments like vaseline, neosporin, or A&D ointment under the orthosis.

3. SKIN CHECKS:

- Monitor the skin during the hour the orthosis is off (typically bath time).
- It is normal to see shades of pink on the skin when removing the orthosis.
 - Typical areas: the sides of the cheeks, bottom of neck and bossed areas of the head.
- Pink areas should fade within the hour the orthosis is off.
- If areas have not faded within the hour, leave the orthosis off until the skin returns to its normal appearance. Then return to normal wear time.
- If the pink area persists over multiple days and takes longer than the hour to fade, remove the orthosis and please contact Custom Orthotics of London to book a new adjustment appointment.

- One hour prior to the newly scheduled adjustment appointment, put the orthosis on the child to allow for pink marks to form for the specialist to see.
- If there is any skin breakdown or open skin, remove the orthosis and contact Custom Orthotics of London.
 - THE ORTHOSIS SHOULD NOT BE WORN UNTIL SKIN IS HEALED!

4. **DAILY CLEANING:**

- Use rubbing alcohol on a wash cloth and scrub the inside of the orthosis.
 - 91% Rubbing Alcohol will clean and sanitize the inside foam without damaging the fit
 - Wait 15 minutes for it to evaporate prior to putting the orthosis back on your child's head.
- You may use a new clean soft bristled toothbrush to scrub inside.
- DO NOT USE ANY OTHER CLEANING AGENT IN ORTHOSIS!
 - No baby wipes, soaps, Lysol, bleach, or perfumes.

5. **PETS:**

- Please keep orthosis away from animals, as they may chew the foam.
- Even if your pet has never chewed anything, they love stinky helmets!

6. **FEVERS:**

- If your child develops a fever, take off the orthosis until spike comes down.
- Low grade temps from teething do not require you to remove the orthosis.

7. **HELPFUL TIPS:**

- Summer Time
 - It is advised to wear a hat that fits over the helmet to prevent sunburn and reduce the damage sunscreen can have on the helmet.
 - Do not wear the orthosis in a swimming pool as the water will saturate the foam and the choline could cause irritation.
- Winter Time
 - Invest in an adult sized hat or large hooded jacket to wear over the helmet on cold days.
- Haircuts: No buzz cuts or shaved heads, only trims.
 - If you notice the orthosis fitting differently after a haircut, let Custom Orthotics of London know.
- Physiotherapy & Torticollis Stretches:
 - Torticollis stretches can be completed with the helmet on unless the physiotherapist requests otherwise.

FULL TIME COMPLIANCE: The orthosis must be worn 23 hours a day as prescribed, to prevent additional abnormal growth and encourage growth in correct areas. Excessive time out of the orthosis may create problems with the fit, since the baby's head is growing continuously. If your baby is out of the orthosis for more than the one hour a day it may cause a poorly fitting orthosis or unnecessary skin irritations. Please contact the clinic if your child is not following the full 23-hour wear schedule.

If you need additional assistance, please contact Custom Orthotics of London Inc.