

HELMET HAIR

day 01



APPLYING THE HELMET

1. Open the helmet by placing your thumb along the top of the opening and your index finger and middle finger grasping the edge near the ear hole. Keep your fingers on the edge of the helmet, not the inside of the helmet. Pull the plastic nice and wide, it will not break.
2. Place the helmet on your baby's head by lining up the ear holes and coming on an angle from the top. Commit to donning the helmet, you can always adjust it after it is on if it isn't sitting perfectly. Keep in mind the helmet will have some movement, especially in the beginning.
3. Once on, recheck ear and eye alignment. If it is seated correctly, you can thread the velcro strap through the buckle. Make sure the plastic and foam are touching and there is no gapping at the side seam. If there is a gap, try to readjust. Do not "cinch" the helmet closed.
4. To remove, use the same hand placement, pulling the seam open wide, and lifting up as the helmet comes off of the head.

BREAK IN SCHEDULE

WEAR TIME	BREAKS	SLEEPING
Day 1: 1 hour	30 min breaks	No
--> repeat 2-3 times per day (total wear time 2-3 hours)		
Day 2: 2 hours	30 min breaks	No
--> repeat 2-3 times per day (total wear time 4-6 hours)		
Day 3: 2-4 hrs	30 min breaks	Naps
--> repeat 4-6 times per day (total wear time 8-12 hours)		
Day 4: 3-4 hrs	30 min breaks	Naps (maybe nights)
--> repeat 4-6 times per day (total wear time 16-20 hours)		
Day 5: 23 hrs	30 min breaks	Naps & Nights

COMMITMENT

Cranial Remolding Helmets require full compliance: 23 hr/day wear schedule, regular follow-up appointments for adjustments, and proper washing and hygiene. This can seem overwhelming at first but remind yourself, this short time of wearing the helmet will render a lifetime of results.

Make sure that you are checking your baby's skin each time you remove the helmet. Make note of any red spots, they should diminish after 30-60 minutes.



BABY BEAR
cranial clinic

CLEANING

Proper hygiene and regular cleaning of the helmet are required to prevent skin breakdown

- **Deep Scrub** every 2-3 days with baby shampoo (whatever you currently use) on a washcloth or bottle brush. Scrub the foam on the inside of the helmet making sure to rinse the helmet well and allow it to air dry.
- **Quick Clean** using rubbing alcohol in a spray bottle (can dilute if preferred) to wipe out the helmet one or more times daily. Allow the helmet to air dry.

* Even properly cleaned helmets can have a slight odor or color to them but there should not be any “buildup” on the inside of the helmet.

SKIN CARE

- It is important to PREVENT skin breakdown: sore, raw, blistered, and/or irritated skin.
- **Redness is OKAY**, and a sign that we are getting improvement in head shape. We want to avoid “hot spots” but overall redness is ok. For sustained redness, use Aquaphor to protect and heal the skin.
- Be sure to dress your baby in light clothing, especially for sleeping. Excessive perspiration is normal, especially in the first 2-3 weeks of wear, and will diminish over time.
- Give your baby a head scratch when you remove the helmet. This will give the relief they need without allowing your baby to scratch their skin raw.
- If your baby has trouble with heat and sweating, try giving them “Diaper Breaks”: a short 2-3 minute break taken at the same time as diaper changes to give your baby’s head some air, and wipe out the helmet.
- ALWAYS remove the helmet if your baby has a fever.

Cranial Remolding Helmets are only effective if you are committed to the wear schedule and you maintain compliance throughout the treatment. CROs should be worn 23 hours per day with 2 or more breaks throughout the day. Any time your baby is not wearing the helmet their head is still growing and leaving the helmet off for sustained periods of time can lead to growth outside of the helmet shape. When you put the helmet back on this can cause pressure areas and skin breakdown. Follow-up appointments are equally as important to monitor growth and make any adjustments necessary to the helmet to ensure optimal results.

have fun

We know how this can be a stressful time for both you and your baby... which is why we have tried to make it as convenient as possible for you to have a little fun on your helmet journey. Your baby can read into your emotions so the more positive you remain, the more positive your baby is going to react.

GOALS:

- Diagonal Asymmetry under 5mm
- Cephalic Index between 80% and 90%

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WE STRIVE FOR FIVE.



If you had a great experience, please give us a Google review so we can help more families like you. If there is something more we can do, please call or email so we can hear your concerns and change for the better.