

HELMET HAIR

skin irritation

The key to preventing skin breakdown is to keep the helmet as clean and dry as possible. The inside of the helmet is warm, damp, and dark, which can be a perfect environment for bacteria to grow if it is not cleaned properly. Your baby **will** sweat in the helmet so keeping it as clean as possible is crucial.



HOT SPOTS

- If there is spot-specific redness on the head that does not fade within 60 minutes this may be a pressure point. Monitor closely to ensure the skin does not break down. Redness is okay, but the skin integrity should remain intact. At any sign of skin breakdown (blisters, open sores, etc) the helmet will need to be adjusted.

HEAVY REDNESS

- The skin on the cheeks and back of the neck is more susceptible to redness than that of the scalp. Redness in these areas is best treated with a small dab of Aquaphor. The Aquaphor can be worn in conjunction with the helmet. As long as the skin is intact, it is okay to have a bit more redness on the cheek and neck area and continue with helmet wear.

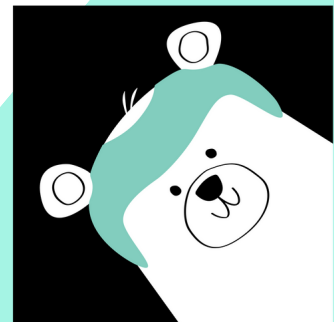
ECZEMA

- Areas of existing eczema can be treated as you did prior to helmet wear, making sure any creams or ointments (besides Aquaphor) have fully soaked into the skin (at least 30 minutes) before applying the helmet.

HEAT RASH

- A heat rash is caused by blocked sweat ducts and can occur anywhere on the body, but typically started on the chest and neck.
- To treat heat rash first remove the helmet for 6-12 hours to let the rash subside and use a cool washcloth on the affected areas.
- While the helmet is off, use over-the-counter hydrocortisone to treat the affected area.
- The rash should get better within 2-3 days. Use the Modified Break-in Schedule provided as you work your way back into helmet wear.

* If a rash lasts longer than 3 days, contact your pediatrician as this may be related to a different type of rash or infection.



BABY BEAR
cranial clinic

skin irritation cont...

FUNGAL RASH

- A fungal rash can be caused by a variety of fungi that tend to live in warm, moist, dark areas.
- To treat a fungal rash, first remove the helmet for 6-12 hours to let the rash subside. Use a cool washcloth on the affected areas.
- While the helmet is off, use over-the-counter Lotrimin to treat the affected areas.
- Once the rash is looking better, you can begin helmet wear again using the [Modified Break-in Schedule](#) provided. Stay at Day 3 of the wear schedule until the rash is fully healed.

*A fungal rash may take 7-14 days to be healed. This is a significant amount of time with the helmet off and there could be growth outside of the helmet shape during this time. When you go to put the helmet back on, make sure there is no gapping at the seam. If there is, you will need an adjustment on the helmet before you can wear it again.

CLEANING RECOMMENDATIONS

- For Dry Skin: Aveeno baby shampoo
- For Oily Skin: Johnson and Johnson
- For Sensitive Skin: Microfiber cloth with water (Norwex is a great brand)

Remember...

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.

MODIFIED BREAK IN SCHEDULE

WEAR TIME	BREAKS	SLEEPING
Day 1: 1 hour	30 min breaks	No
Day 2: 3 hours	30 min breaks	Naps
Day 3: 2-4 hrs	15 min breaks	Nights & Naps

--> repeat 3-5 times per day (total wear time 3-5 hours)

--> repeat 2-3 times per day (total wear time 6-9 hours)

--> repeat throughout the day (total wear time 20+ hours)

*NOTE: this may be where you have to stay. Some babies cannot tolerate 6+hour of wear at a time and need to have a short break every few hours.

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.