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Wear and Care Instructions for a Cranial Remolding Helmet

Putting on the Helmet

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1. Seat your child on a firm surface. Make sure their head is clean and dry, and undo the velcro strap on the helmet.
2. Position either your thumbs or index fingers in the ear cut out on both sides of the helmet's opening and open the helmet wide.
3. Slip the helmet over your child's head, scooping the back of the head into the helmet. You want the bottom of the back of the helmet to end up at the base of your child's head.
4. Check that the front of the helmet is resting just above your child's eyebrows and both ears are positioned in the ear cut outs.
5. Once the helmet is on and correctly positioned you can secure the velcro strap. If your child's helmet came with a foam wedge, make sure it is attached to the strap and positioned between the plastic helmet seam.

HELPFUL TIP - If your child has a fever, remove the helmet and do not put it back on until 24 hours after the fever has broken. Once they have recovered, gradually return to the wearing schedule over a few days to help them readjust.

HELPFUL TIP - If you need to trim your child's hair during treatment, don't shave their head completely. Keep the hair at a consistent length to maintain a proper fit and lessen scalp irritation.

Removing the Helmet

Undo the velcro strap and place your thumbs or index fingers in the ear cut out on both sides of the helmet's opening. Open the helmet wide, like you did when putting it on, tilt the front of the helmet toward the back of the head and lift it off.

HELPFUL TIP - It's important to check your child's skin every time you remove the helmet. Some redness is normal, but it should fade within 15 to 20 minutes. If you notice areas of deep redness, sores, or if your child seems particularly distressed, take pictures and let us know right away.

Cleaning Instructions

Clean the helmet during a one-hour break when the helmet it's not in use, the inside should be cleaned with a soft cloth, and use the same shampoo you use on their hair. Make sure you rinse this out very well. Wipe it down with rubbing alcohol and rinse again. When finished, let the helmet dry completely before using it again. Avoid using any harsh chemicals, lotion, or baby wipes inside the helmet, as these can cause skin irritation.

Break-In Schedule

Cranial remolding helmets are typically worn for 23 hours a day, with one hour off for bathing and cleaning. To help your child get used to wearing it, you'll follow a gradual break in schedule that might look something like this.

Day 1	Day 2	Day 3	Day 4
<i>Use the helmet 1 hour on / 1 hour off throughout the day.</i>	<i>Increase wear time to 2 hours on / 1 hour off throughout the day.</i>	<i>Increase wear time to 4 hours on / 1 hour off throughout the day.</i>	<i>Increase wear time to 6 hours on / 1 hour off throughout the day.</i>
<i>Don't use the helmet while child naps or overnight.</i>	<i>Don't use the helmet while child naps or overnight.</i>	<i>Start using the helmet while child naps but not overnight.</i>	<i>Use the helmet while child naps but not overnight.</i>

Day 5	Day 6	Day 7
<i>Increase wear time to 6-8 hours on / 1 hour off throughout the day.</i>	<i>Increase wear time to 8 hours on / 1 hour off.</i>	<i>Use the helmet full time 23 hours on and 1 hour off when you wash the helmet and their head.</i>
<i>Use the helmet while child naps but not overnight.</i>	<i>The helmet can now be used while child naps and overnight.</i>	

HELPFUL TIP - It's normal for your child to sweat during the first few weeks of wearing the helmet. Use lightweight clothing to keep them comfortable, and try removing the helmet for a few minutes to dry their head and the inside of the helmet. Put the helmet back on when both are dry.