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Helping Your Baby Adjust to a
**Cranial Remolding
Orthosis**



Weaning in Schedule

This wear schedule provides a safe way for your child to adjust to the helmet (STARband or STARlight). The table below explains how you should gradually increase the increments of wear time each day until full time use of a consistent 23 hours is met.

DAY	Wear increment	Sleeping
1	1 hour	No
2	2 hours	No
3	4 hours	Yes, all night OK
4	8 hours	Yes
5	23 hours	Yes

- After each wear increment, remove the orthosis until any redness fades, usually 60 minutes and then put back on. Do not leave it off longer than one hour unless there is a concern of redness not fading.
- If red marks do not fade or cause concern, do not reapply it and call your orthotist to determine the cause and the best plan. Tip: Take a photo on your phone to show the orthotist.
- The 23 hour wear time is crucial to ensure optimal correction of the head shape and to prevent an ill fitting orthosis.

Cleaning

- The orthosis should be cleaned DAILY during the hour off.
- It is normal for the orthosis and your baby's hair to develop an odor due to sweating. Do not use any powders or perfumes.
- Use baby wash and/or 70% isopropyl alcohol to clean the inside of the orthosis to prevent skin irritation, rashes or infections. Getting splashed is ok.
- Do not use any other cleaning products without the approval of your orthotist.
- Shampoo your baby's head daily. Wait until the orthosis and your baby's hair is fully dry before putting on the orthosis.
- Do not apply heat such as a hairdryer, this may melt the helmet. If not being worn for any reason, do not leave the orthosis in a hot car as it may melt and distort.

Troubleshooting

If your child has not worn the orthosis for three days or longer for any reason, begin putting it back on following Day 3 of the Weaning in Schedule.

Skin Care:

- We recommend Aquaphor ointment by Eucerin brand for areas of chafing or dry skin. Use it sparingly in a thin layer at the desired area after bath time.
- If a rash or skin irritation develops, call your orthotist to determine the best plan of action.
- Scratching: Your baby's scalp will be itchy due to sweating. You will notice your baby scratch when the orthosis is removed. Your baby's nails may cut the skin. To avoid this, rub your baby's head to soothe the itching. Also keep your baby's nails trimmed.

Heat:

- It will take about ten days for your baby to adjust to the heat of wearing the orthosis on their head all day. They may initially be sweaty or fussy due to being hot. Reduce clothing to make your baby more comfortable.
- If a fever of 100.5 degrees or above develops, remove the orthosis until it has stabilized. The helmet will not cause a fever.

Frequently Asked Questions:

- **Will my baby's hair growth be affected by the orthosis?** Not at all, it will grow normally beneath the orthosis.
- **Can my baby go swimming with the orthosis on?** Yes, the orthosis can be splashed but should not be submerged. Remove it if your baby will be in sand such as at the beach.
- **Why does my baby's one eye get scrunched with the orthosis on?** This is due to the necessary contact on the bossed side of the forehead. This is normal to happen occasionally, if it seems excessive ask your orthotist and they may be able to relieve this.
- **I can see and feel ridging at the side opening and/or around the ear trimlines. Should I be concerned?** No, this is just soft tissue such as fluid and fat under the skin that can pool at the edge of the trimlines or in the gap at the side opening. This is nothing to be concerned about and will go away once your baby is done using the orthosis.

*Remember to continue your tummy time efforts! Tummy time is crucial for motor development and should be done as often as possible for all babies.