

Frequently Asked Questions

If my child had a red spot, what should I do?

- If your child has a spot that you are concerned about, it is very important to call your Orthotist immediately. After discussing the spot with you, they will be able to determine if it is necessary for you to come in for an appointment.
- If you are concerned about the red spot and are unable to contact your Orthotist, leave the helmet off until you are able to talk to your Orthotist.
- It is very important that you wear the helmet into the office at least 20min prior to your appointment.
- It is also very important that your child's helmet not be off for more than two days. It may be necessary to schedule an additional appointment for an adjustment to avoid having the helmet off for an extended period of time.

I noticed after receiving my child's helmet that there was white stuff on my child's hair. What is that from?

- This is dust from the trimming of the helmet. Anytime your Orthotist changes the shape of the helmet, or provides your child with additional room for growth, it will be necessary for you to wipe out the helmet to remove any dust.

My child has long hair. Should I cut it?

- Longer hair may lead to shifting of the helmet. If your child has long hair, we recommend that you pull your child's hair up to the top of the head. Your child should not wear braids, barrettes or rubber bands anywhere except the top of the head where the helmet will not touch it.
- You may style your child's hair however you wish, but it is very important that no hair products, such as hair spray or gel, are used on your child. These can cause skin irritations.
- It is also important that you do not shave your child's head. This may cause ingrown hairs and skin irritation.

Will the helmet stop my child's hair from growing?

- No- helmets do not affect the hair growth.

Will it be difficult for my child to sleep in the helmet? Should use a pillow?

- No- Pillows are not necessary when using a helmet.
- No- it is very uncommon for children to have difficulty sleeping in the helmet. Your child should become accustomed to wearing the helmet within a few days with any changes in behavior and sleeping patterns returning to normal.
- We don't recommend taking the helmet off in response to crying as this only prolongs the break in period.

Can I take the helmet off if the weather is too hot?

- The best results are seen with full time wear (23 hours per day). Perspiration is a normal response to helmet wear that should improve over the first couple of weeks. During the warmer months, this can continue throughout treatment. If desired, the helmet can be removed more frequently for shorter periods of time during the day. Remember, the total time the helmet is off may not exceed 1 hour!

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Guidelines for Wearing Your Cranial Remolding Orthosis



SCOPE
ORTHOTICS &
PROSTHETICS, INC.
Making Dreams Happen™

Congratulations!

You have begun the process towards improving your child's head shape. Like braces for the teeth, reshaping of the head takes time. How long your child may need to wear the helmet depends on how big the flat spot is and the amount of head growth remaining. To achieve the best possible results for your child, it is important that the following instructions are followed. If you have any questions, please do not hesitate to contact your Orthotist.

Wearing Schedule

Children adapt easily to helmets. Your child will eventually wear the cranial molding helmet 23 hours a day. A short break-in period is necessary to ensure that the helmet is fitting well. Your break-in period will take approximately 3 days. Please follow the schedule outlined below to work towards full time wear:

Suggested break in schedule
(Break in periods may vary depending on the child.)

| | | | | | | | |
|----------------|----------|-------------------|-------|-------|------------------------------|------------------------|---------------------|
| DAY 1 | 1 Hr | Check | 2 Hrs | Check | 3 Hrs | Check | Helmet Off to Sleep |
| DAY 2 | 4 Hr | Check | 5 Hrs | Check | Helmet Optional For Sleeping | | |
| DAY 3 | Check | 6 Hrs | Check | 6 Hrs | Check | Helmet on for sleeping | |
| Full Time Wear | AM Check | Helmet On All Day | | | Check | Helmet on for sleeping | |

- To begin your break in period, wear the helmet out of the office and leave it on for 1 hour. After the hour, remove helmet and check the skin. Each skin check should be brief. The helmet does not need to be off for a specific period of time, only enough time to visually check the skin.
- A bit of pink is normal on the cheeks and back of the neck. If you see a "red" spot, gently press on the spot. If it blanches (turns lighter or white), continue with the wearing schedule. If it does not blanch, leave the helmet off for 30 minutes. If spot fades or lightens within this time period, continue with the wearing schedule. If it does not fade, call your Orthotist.
- If you do not see a spot after one hour of wear, replace the helmet and leave it on for 2 hours. Again, after 2 hours, check the skin. If you do not see a spot, replace helmet for 3 hours, and then check. Repeat this process, increasing wear time by 1 hour each time.

- The first night your child has the helmet, he will not sleep in the helmet. Remove the helmet for sleeping the first night, and resume your break in period in the morning.
- Full time wear is 23 hours a day. With full time wear, the helmet should be removed twice a day. Once in the morning to check the skin and to change your child's clothes, and once in the afternoon or evening, to check the skin and clean the helmet and your child's hair.
- The helmet is not to be removed for more than one hour a day. If it only takes you 30min to clean your child's head and the helmet, you may then use the remaining 30min as a break time or for specific activities, such as swimming.

Cleaning your child's head

- Your child's head should be cleaned once a day while using the helmet. If you begin to notice excessive dryness of your child's skin, please discuss this with your Orthotist.
- You may continue to use whatever shampoo you have been using to clean your child's hair. Do not change shampoos prior to beginning treatment with a remolding helmet. Any mild baby shampoo, to which your child does not have an allergy, should be fine.
- To avoid skin irritations, make sure that all shampoo is fully rinsed from your child's hair.
- Your child's hair should be fully dry before placing the helmet back on.

Cleaning your child's helmet

- Your child's helmet needs to be cleaned every day to remove any sweat or skin cells that may discolor the inside of the helmet and/or cause an unpleasant odor. Some discoloration of the helmet is normal and should not be a cause for concern. Your Orthotist will let you know if you need to scrub your child's helmet with more force.
- Your child's helmet should be cleaned with rubbing alcohol. Any percentage greater than 70% may be used. We do not recommend any of the scented or colored alcohols since they can cause discoloration of the helmet and possibly your child's hair.
- We recommend that you use a spray bottle to apply the rubbing alcohol to the inside of the helmet. A toothbrush or other plastic bristle device should also be used to scrub the inside of the helmet.

- The helmet should be fully dry before placing it back on your child's head.
- If your child's helmet begins to smell, first try placing the helmet outside in the sun to dry. This may help with the odor. If your child's helmet continues to smell, please discuss this with your Orthotist.

Monitoring the Condition of your Child's Skin

- For the first several days, your child may perspire excessively. This is normal until your child's body becomes accustomed to the helmet.
- Skin checks should be performed each time the orthosis is removed. Call your Orthotist immediately if there is an area of deep redness that does not blanch to the touch, within one hour after the removal of the orthosis. This may indicate a need for an adjustment.
- Irritation, or pink spots, along the cheeks and the back of the neck are very common. After your child has been in the helmet for a couple of weeks, this irritation usually improves as the child's skin adapts to the helmet.
- If there is any skin breakdown, remove the orthosis and contact your Orthotist.
- It is very important to always wear the helmet at least 20 min. prior to your appointment! This will help your Orthotist to evaluate the trim lines, and the fit of the helmet. It will also enable your Orthotist to see any red spots that you may have noticed.

When to Remove the Helmet

There are a few times when it is important to remove the orthosis:

- When the child has a high fever (higher than 100°)
- If any kind of surgery is performed
- At bath time
- The orthosis should be removed for swimming. After swimming, wash your child's head with shampoo to remove chlorine, sunscreen, etc. Reapply the orthosis when both your child's hair and the orthosis are dry.
- During Physical Therapy if needed.

If you are experiencing any problems or have questions regarding your Orthosis, please call your SCOPe practitioner