



AlliedOP, Inc.

New Jersey—Randolph ♦ Bloomfield ♦ Wyckoff ♦ Shrewsbury ♦ Mt. Laurel ♦  
North Brunswick ♦ Northfield ♦ Flemington ♦ Sewell  
Pennsylvania—Elkins Park ♦ East Stroudsburg ♦ Bethlehem  
(800) 848-8866

## Guidelines For Wearing Your Cranial Helmet

**Your child will eventually wear his/her helmet 23 hours a day, but will need several days to adjust to wearing it. Follow the schedule below to gradually increase the wearing time**



DAY	ON	OFF	NAP	NIGHT
1	1 hr	1 hr	no	no
2	2hrs	1 hr	no	no
3	4hrs	1 hr	yes	yes
4	8hrs	1 hr	yes	yes
5	23 hrs	1 hr	yes	yes

1. This cycle is repeated throughout the day, giving slight breaks for hot weather, or messy food that can soil the band. The fifth day is considered full time wear and the helmet should only be removed for one hour during bath time. The helmet should not be worn during baths or while in the pool. If your therapist or physician has given you neck exercises to perform, remove the device for the exercises and replace it as soon as the exercises are finished.
2. At bath time each day, remove and clean the helmet. Use only rubbing alcohol to clean it because other products may be harmful to the child's sensitive skin. Vigorously rub the inside of the helmet with a washcloth containing the rubbing alcohol or by applying rubbing alcohol to a new soft toothbrush. Set the orthosis upside down to dry and weather permitting, place the orthosis in the sun to dry. Shampoo the child's head daily, and reapply the helmet when both the head and the helmet are dry. The orthosis should not get wet.
3. For the first several days, your child may perspire excessively until his/her body becomes accustomed to the device. During this time, the orthosis can be removed throughout the day to dry the child's head and band. However, the orthosis should be immediately put back on the child's head afterwards. Do not use powders or lotions on the head or in the orthosis. If a heat rash appears apply hydrocortisone cream [Cortaid] sparingly to the irritated area once a day after bathing. This cream is available over the counter. Aveeno has a shampoo that is gentle and can provide relief from itching and skin rash.
4. Skin checks should be performed each time the helmet is removed. Call your AlliedOP orthotist immediately if there is an area of deep redness that does not fade in one hour

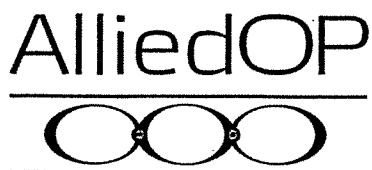


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after removal of the orthosis. This may indicate a need for an adjustment. If there is any skin breakdown, remove the orthosis and contact your orthotist.

5. It is important that all childcare providers understand how to apply, remove, and care for your child in the helmet. Take a few moments to talk to them about the orthosis so they are comfortable being with your child and can provide the best care possible.
6. The orthosis must be worn 23 hours a day to constrain undesirable growth and encourage growth in the correct locations. Even at the end of treatment, the helmet should be worn 23 hours a day until treatment is stopped. There are a few times when it is acceptable to remove the helmet. These are: when the child has a high fever, flu, day surgery, bath time, and when swimming. Recasting may be necessary if the helmet is not worn for an extended period of time.



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## **FAQ for Cranial Remolding Helmets**

### **DOES MY INSURANCE PAY FOR CRANIAL REMOLDING ORTHOSES?**

Each insurance company has different coverage and medical policy guidelines. It is best to contact your insurance company and employer benefits coordinator to determine the type and level of coverage for durable medical equipment (DME) and orthotics and prosthetics (O&P). Your insurance companies may require a letter of medical necessity from your referring physician stating that a cranial remolding orthosis is medically necessary and is not being prescribed for cosmetic reasons.. Ask your AlliedOP orthotist and referring physician to provide you with the necessary information (e.g., prescription, letter of medical necessity, photos) to assist you in obtaining coverage and reimbursement.

### **HOW SOON WILL WE SEE IMPROVEMENT?**

This varies, but some parents have seen improvement after only 2 weeks of use. Correction continues over time, and requires complete compliance to achieve the greatest degree of symmetry.

### **WILL MY INFANT EXPERIENCE ANY DISCOMFORT WEARING THE HELMET?**

In most cases, children adapt quite easily to the orthosis. As your infant begins to wear the orthosis, any concerns you may have can be addressed by your Jack Gold orthotist.

### **HOW DO I KEEP THE CRANIAL REMOLDING ORTHOSIS CLEAN?**

In some cases, a mild unpleasant scalp odor may develop. It is easily controlled with daily washing of the head and helmet. You may also remove the helmet for a couple minutes during the day to towel or blow-dry your child's head and the band. The helmet may also have a mild chemical smell that dissipates within a day or two.

### **DO WE NEED FOLLOW UP?**

Yes. In most cases, your child will need frequent adjustments by the orthotist. Contact AlliedOP sooner if the helmet seems tight or you notice any problems. The referring physician may wish to see the child periodically during the treatment to evaluate progress.

### **WHO TELLS US WHEN TO STOP WEARING IT?**

The decision to discontinue wearing the helmet should be made by the physician in conjunction with the AlliedOP orthotist. The orthosis has done its job when the head rounds into the symmetrical shape of the helmet, or when the head shape has changed to an acceptable degree of symmetry and has outgrown the helmet.

### **WILL WE NEED MORE THAN ONE HELMET FOR TREATMENT?**

Most infants complete the program with a single orthosis. In cases of moderate to severe positional plagiocephaly, it is possible to outgrow the helmet before all possible correction may be achieved. If this happens, the physician, orthotist and parents play an active role in determining if another orthosis is appropriate. Any additional orthosis will require new insurance billing and prior approval is recommended before proceeding.

### **WILL THE HEAD REVERT BACK TO THE FLAT SHAPE WHEN THE HELMET IS DISCONTINUED?**

It is not common for the head shape to revert back to its original shape. As children get older, they spend more time sitting, crawling and walking which minimizes the amount of time they spent on their backs. In fact, further skull shape improvement may occur over time. If your child was diagnosed with torticollis, it may be necessary to continue the stretching program to maintain correction achieved by the helmet.

### **IS THIS DEVICE FDA APPROVED?**

Yes. AlliedOP collaborates with Orthomerica® Products, Inc. which received its clearance to market and manufacture STARlight™ cranial remolding orthoses in July 2002 (K021207).