



HANGER CLINIC CAP PROGRAM

***CRANIAL BAND WEAR
AND CARE GUIDE***



The Hanger Clinic Cranial Asymmetry Protocol (CAP) Program is built around your child's needs and a set of clearly defined clinical practice guidelines.

You can find out more at:

HangerClinic.com/CranialAsymmetry

Your baby has just been fit with a Hanger Cranial Band. You can rest assured that your child is receiving the best possible care for their cranial asymmetry or head flattening. This guide will help you care for your child while they are wearing the cranial band.

Your orthotist will ensure that the fit of the cranial band is appropriate and that your child experiences no discomfort. This will allow your baby's head to grow into the cranial band and gently correct the asymmetry into a normal range.

It is recommended that your baby wears the cranial band for 23 hours a day. This will minimize the length of time the cranial band will need to be worn and maximize the corrections. The cranial band should be removed for bathing only, so make the most of this time to kiss your baby's head knowing that this treatment is only for a relatively short period of time.

At first your baby may be aware of having the cranial band put on but generally children adapt quickly. Sometimes, it is more of a challenge for the parents who want to minimize their child's temporary response and relieve their own anxiety.

Your orthotist will provide a wearing schedule that will help gradually increase the number of hours per day that the cranial band is worn. The recommended 23 hours per day wearing time will be reached in about a week.

A TYPICAL WEARING SCHEDULE MAY LOOK SOMETHING LIKE THIS:

DAY	ON/OFF TIME	NAPS	NIGHTTIME	SKIN CHECK
1	1 hour on/1 hour off (repeat until bedtime)	No	No	Each time removed
2	2 hours on/1 hour off (repeat until bedtime)	No	No	Each time removed
3	4 hours on/1 hour off (repeat until bedtime)	Yes	No	Each time removed
4	6 hours on/1 hour off (repeat until bedtime)	Yes	No	Each time removed
5	6-8 hours on/1 hour off (repeat until bedtime)	Yes	No	Each time removed
6	8 hours on/1 hour off (repeat until bedtime)	Yes	Yes	Each time removed
7	23 hours on/1 hour off	Yes	Yes	Each time removed

Your orthotist will show you how to correctly apply and remove the cranial band which opens and closes on the side. The brim of the cranial band should sit just above your child's eyebrows at the front.

You should expect your child's head to sweat, especially during the first few weeks, even in temperate climates. When you remove the cranial band for bathing it is a good time to wash your baby's hair and thoroughly clean and disinfect the cranial band. During the first few weeks it may be advisable to clean the cranial band twice a day.

You can clean the cranial band with the shampoo that you use to wash your baby's hair. Use a soft brush or toothbrush with the soapy solution to gently scrub the inside of the cranial band. 80% rubbing alcohol can be used to remove any stubborn stains. Use a damp cloth to wipe the inside of the cranial band and allow the band to dry thoroughly before reapplying to your child.





Your orthotist will set a schedule to review the progress that your child makes over the coming weeks and months. During this time the orthotist will be able to rescan your baby's head to measure the progress that is being made, as well as the final outcome.

A typical schedule may look like this:

APPOINTMENT	ACTIVITY
Fitting	<ul style="list-style-type: none">• Check baby's head• Fit and adjust the cranial band• Demonstrate removal and fitting• Review wearing schedule, cleaning instructions & follow-up schedule
Follow up call	<ul style="list-style-type: none">• Check that everything is going well & answer any additional questions
1st post-fitting appointment	<ul style="list-style-type: none">• Check baby's head, cranial band fit• Re-measure and answer any questions
Follow up appointments	<ul style="list-style-type: none">• Measure baby's head• Make any adjustments• A mid-treatment scan will be taken at one of these visits
Final appointment	<ul style="list-style-type: none">• Final measurements and scan• Provide you with the before and after treatment scan report• Graduation from the band – your baby's very first graduation in life!

As you go through this journey, remember you are not alone. Your orthotist is available to answer your questions and you can connect with other parents through online resources such as those at [CappsKids.org](https://www.CappsKids.org).

You can also ask your orthotist if there are any other local parents that you could talk to about the treatment program.

More information is available at:

- HangerClinic.com/CranialAsymmetry
or call 1-877-4HANGER.
- CappsKids.org

“People thought it was so cute. Sometimes, kids or adults would ask me why he was wearing a helmet and I simply explained that it was helping to round out his head. They seemed satisfied with that answer and it really was not as big of a deal as I thought it would be. Now, I stop people on the street who have babies in cranial bands and I tell them, ‘I know that going through this can be hard, but it’s so worth it.’ It’s such a small amount of time to make a permanent difference in your baby’s life.”

-Corinne B. (Jake’s Mom)



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