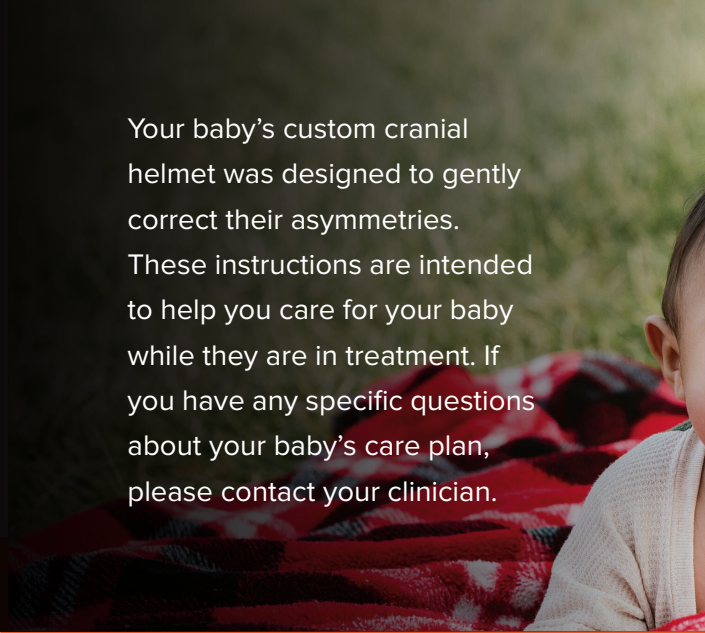


Cranial Helmet Wear & Care Guide



Hanger Clinic[®]

Empowering Human Potential

A photograph of a baby lying on a red and black plaid blanket outdoors. The baby is wearing a light-colored, textured sweater. The background is a soft-focus green field.

Your baby's custom cranial helmet was designed to gently correct their asymmetries. These instructions are intended to help you care for your baby while they are in treatment. If you have any specific questions about your baby's care plan, please contact your clinician.

What to **Expect**

Your clinician will ensure your baby's cranial helmet fits appropriately while allowing room for their head to grow into the helmet.

It is recommended that your baby wears the cranial helmet for 23 hours a day. This will ensure proper redirection of your baby's head growth and will help achieve the desired outcomes. The one hour per day the cranial helmet is removed can be broken up throughout their day.

At first, your baby may be aware of the cranial helmet, but they will likely adapt quickly. Sometimes, it is more of a challenge for you, the parent, because you naturally want to minimize your baby's response and relieve anxieties.



Wearing **Schedule**

Your clinician will provide a wearing schedule that will help gradually increase the number of hours per day the cranial helmet 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
1	1 hour on/1 hour off (repeat until bedtime)	No	No
2	2 hours on/1 hour off (repeat until bedtime)	No	No
3	4 hours on/1 hour off (repeat until bedtime)	Yes	No
4	6 hours on/1 hour off (repeat until bedtime)	Yes	No
5	6-8 hours on/1 hour off (repeat until bedtime)	Yes	No
6	8 hours on/1 hour off (repeat until bedtime)	Yes	Yes
7	23 hours on/1 hour off (repeat until bedtime)	Yes	Yes
Remember to do a skin check each time the helmet is removed.			

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

Cleaning Instructions

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

You can clean the cranial helmet with soap or the shampoo you use to wash your baby's hair. Use a soft brush or toothbrush with the soap or shampoo to gently scrub the inside and outside of the cranial helmet, and you can use 70% rubbing alcohol to remove any stubborn stains. Allow the helmet to dry thoroughly before reapplying; drying typically takes 15 minutes.





Appointment **Schedule**

Your clinician will set a schedule to review your baby's progress over the coming weeks and months. Here is an example of what your journey may look like:

APPOINTMENT	ACTIVITY
Delivery	<ul style="list-style-type: none">• Measure baby's head• Fit and adjust the cranial helmet• Demonstrate removal and fitting• Review wearing schedule, cleaning instructions, and follow-up schedule
Follow-Up Call	<ul style="list-style-type: none">• Check that everything is going well and answer any additional questions
First Post-Delivery Appointment	<ul style="list-style-type: none">• Evaluate the fit of the cranial helmet, re-measure, and answer any questions
Follow-Up Appointments	<ul style="list-style-type: none">• Measure baby's head• Make any adjustments• Take a mid-treatment scan
Final Appointment	<ul style="list-style-type: none">• Final measurements and scan• Before and after treatment scan report• Graduation from the helmet and celebrate a job well done!

As you go through this journey, remember you are not alone. Your clinician is available to answer your questions and would be happy to connect you with parents in your area who have been through this process before.

TO LEARN MORE, VISIT
HangerClinic.com/Cranial



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INSTRUCTIONAL
VIDEO



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