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## What is a cranial remolding orthosis (cranial helmet)?

Cranial remolding means changing the shape of your baby's head (cranium) by using orthoses (braces).

- Cranial remolding orthoses are also called helmets or bands.
- The helmet or band is:
  - A custom-made device for babies from 3 to 18 months of age.
  - Can help reshape the skull by redirecting future growth.
  - Approved by the Food and Drug Administration (FDA).

## Who will treat my baby?

- A board certified orthotist or prosthetist will treat your baby. They help treat your baby by measuring, designing and fitting your baby's cranial remolding orthosis.
- A board certified orthotic assistant may help to adjust the orthosis.
- A physical therapist (PT) may also treat your baby for tight neck muscles if needed.

## How can repositioning help my baby's head shape?

Repositioning to improve head shape means changing the shape of your baby's head by using special positions throughout the day. This is to keep pressure off the flatter side of the head.

- This program can help you learn how to position your baby in ways that can help improve the shape of their skull. Tummy Time Tools is an example of this type of program.
- Your clinician will teach you more about this program if it is right for your baby.

## Which program is right for my baby?

A clinician will check your baby to find out which program is right for them. The clinician will:

- Take your baby's history and check their head shape and neck muscles to look for any tightness that may cause your baby to hold their head in 1 position.
- Measure your baby's head shape using a 3D scanner.

The 3D scanner takes pictures of the outside of your baby's head to create a digital model.

- It is very safe and can be used as often as needed.
- Your baby will need to be still for about 2 seconds while a care team member does the scan.

## What can I do to help prepare my baby for the scan?

Although the scan is quick, some babies can get upset during the process.

- Bring a pacifier, bottle or favorite blanket with you to help calm them.
- The care team may use toys to help distract your baby and put them more at ease.

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Cranial remolding program, continued

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## How does the helmet work?

Your baby's head grows quickly. Their skull is softer and more moldable than an adult's skull.

- Most growth happens before 10 months of age. There can be continued growth up to 18 months of age.
- The helmet is made to direct growth of the skull into the flattened areas to improve the shape.
- Most babies that need a helmet will wear it for about 3 to 5 months.

## What should my baby wear under the helmet?

The helmet is made so that your baby does not need to wear anything under it. If your baby has lots of hair, the care team may ask that you have their hair cut.

## What are the steps for using it?

Your baby's orthotist will talk with you and give you written instructions when you receive your baby's helmet. You will also have a chance to practice putting on your baby's helmet.

- Follow all instructions very carefully.
- The fitting appointment will last about 1 hour.
- Be sure to arrive on time for all your appointments. This will help us provide the best care for your baby and others.

Your baby will wear the helmet 23 hours a day for about 3 to 5 months.

- Make an appointment for about every 2 weeks when your baby starts wearing the helmet. This is very important to make sure that your baby is doing well with the helmet.
- The care team will measure your baby's head about every 6 weeks.

## How do I care for it?

- Use only unscented rubbing alcohol to clean the inside of the helmet. Other cleaners can irritate your baby's skin.
- Clean the helmet 1 time each day using rubbing alcohol and a soft toothbrush or textured washcloth.
- Make sure the helmet is completely dry before putting it back on your baby's head.
- You may use a hairdryer set on "cool" or a fan to make it dry faster.

## When will my baby wear the helmet?

Your baby will follow a special schedule for the first 5 days they wear the helmet. This is called the break-in period. During this time, your baby will start getting used to wearing the helmet. After that, your baby will wear the helmet 23 hours a day.

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# Cranial remolding program, continued

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## What are the benefits and risks of wearing the helmet?

With proper use and head growth, your baby's head shape should improve.

Some risks are that the helmet may:

- Increase sweating. This should decrease within the first 2 weeks of wearing it.
- Smell. Keep your baby's head and the helmet clean to help prevent this.
- Move on your baby's head. Some rotation is normal. Too much rotation can cause too much pressure or friction to the skin.
- Not correct your baby's head shape completely. Some head shapes do not correct as well as others.

## What are some safety steps to follow?

- Remove the helmet if your baby has a fever (temperature of 100.4°F or higher).
- Do not use the helmet in water, sand or other conditions that can cause skin irritation.
- Keep the helmet away from hot items. Do not leave the helmet in a hot car. The heat may damage the helmet.
- Do not use other products to clean the helmet. They can irritate your baby's skin.
- Keep the helmet away from pets, as they can also cause damage.

## When should I call Orthotics and Prosthetics?

Call your baby's clinician or the main office number at 404-785-3229 if your baby has skin problems or the helmet does not fit well.

- Signs of skin problems may include:
  - Redness that does not fade to light pink after 60 minutes.
  - Hard skin or calluses
  - Skin breakdown
- You will be asked some questions to assess the need for an appointment that day or for the next business day.
- On weekends and holidays:
  - Have your baby wear the helmet as they can and call the next business day.
  - Remove the helmet if needed.
  - It is OK if your baby cannot wear the helmet for a few days to allow their skin to get better.

Also call if you have any questions or problems with your baby's helmet.

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# Cranial remolding program, continued

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## How do I reach Orthotics?

Orthotics addresses are listed below. **To reach Orthotics by phone, please call 404-785-3229.**

5445 Meridian Mark Rd NE  
Suite 200  
Atlanta, GA 30342

2270 Duluth Highway 120  
Suite 200  
Duluth, GA 30097

605 Big Shanty Road NW  
Kennesaw, GA 30144

410 Peachtree Parkway  
Suite 300  
Cumming, GA 30041-7407

1250 Highway 54 West  
Suite 200  
Fayetteville, GA 30214

3300 Old Milton Parkway  
Suite 370  
Alpharetta, GA 30005

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

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