

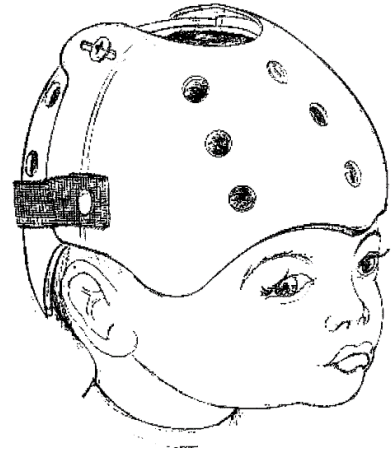


# Michigan Cranial Molding Helmet

## What is a cranial molding helmet?

This custom therapeutic helmet remodels and shapes your baby's skull to treat positional head deformity.

The helmet is constructed of moldable plastic with a soft foam liner, and the shape is based on a digital scan of your baby's head.



Your baby wears the helmet both day and night for an average period of 4-6 months. Follow up appointments are scheduled every 3-6 weeks to monitor progress. The helmet can be modified as the baby grows.

Depending on the age that helmet therapy starts, a second helmet is sometimes necessary. Each baby is different and has his/her own rate of development.

## How do I put the helmet on?

1. Undo the Velcro straps.
2. Open the helmet from the bottom and slip it onto the baby's head.
  - The front of the helmet sits right above the eyebrows.
  - Be sure the helmet does not touch the ears.
3. Attach the Velcro straps securely around the back of the helmet.

## What is the break-in wearing schedule?

Use these instructions as a guide. Please follow any specific instructions from your prescribing doctor if they differ from these suggestions.

**Day 1:** 1 hour at a time with  $\frac{1}{2}$  hour break for maximum 2 hours.

No nighttime wearing

- Check skin for irritation or redness.
- Wait until redness subsides and skin color becomes normal to re-apply helmet (sometimes it may take more than  $\frac{1}{2}$  hour).

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**Day 2:** 1 hour at a time with  $\frac{1}{2}$  hour break for maximum 4 hours.

No nighttime wearing

- Check skin for irritation or redness.
- Wait until redness subsides and skin color becomes normal to re-apply helmet (sometimes it may take more than  $\frac{1}{2}$  hour).

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**Day 3** 1 hour at a time with  $\frac{1}{2}$  hour break for maximum 8 hours.

No nighttime wearing

- Check skin for irritation or redness.
- Wait until redness subsides and skin color becomes normal to re-apply helmet (sometimes it may take more than  $\frac{1}{2}$  hour).

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**Day 4/5** 23 hours: Continue wearing helmet full time day and night.

- Occasionally check skin for irritation or redness.
- Remove 1 hour per day for bathing

## **Regular wearing instructions:**

- After the break-in period, your baby should wear the helmet 23 hours a day.
  - Keep evaluating the skin condition every few hours for any irritation or pressure.
- Remove the helmet 1 hour per day while you bathe the baby.
- Remove the helmet during swimming pool activities.
- Sleeping time is the most important time for the baby to wear the helmet because of the reshaping from the pressure of gravity. Your infant no longer has a flat place to lie on due to the helmet.

## **How do I clean the helmet?**

- Clean the helmet with rubbing alcohol. Use only 70% alcohol to avoid any harmful irritation to your baby's skin.
- Use a washcloth to clean the inside of the helmet.
- Do not use powders or lotions inside of the helmet.
- Be sure the helmet is completely dry before putting it back on your infant's head. Never put a wet or damp helmet on your baby's head.

## **Troubleshooting**

- If the helmet rotates, tighten the Velcro elastic straps to be sure that the helmet is fully closed together. If this does not help, please contact your Orthotist.
- Your baby will perspire in the helmet during warm weather conditions. This is usually not a problem and most babies tolerate it well.
  - If a heat rash develops, consult your family doctor for recommendations.
- Inspect the helmet prior to putting in on your baby.
  - Check that straps are attached and pads are flat.
  - There are two adjustment screws for size adjustment. These should not be removed. In the unlikely event that they do become loose, call your Orthotist to have them reinstalled.

## What to expect at follow up appointments:

- Follow up appointments are scheduled 3 to 6 weeks after the first fitting to see if adjustments need to be made.
- At these appointments, the orthotist will evaluate the fit of the helmet and your baby's head shape.
- In some cases, all the corrections cannot be built into one helmet and a second helmet may be required for optimal correction.
- These follow up visits are very important and appointments must be kept. Do not discontinue the wearing schedule without talking to both your Doctor and your Orthotist.

## What if I have a problem or question about my baby's helmet?

Contact your clinician via the Patient Portal. My clinician is \_\_\_\_\_

or

Call our office at one of the following numbers:

- Outpatient Locations: 734-973-2400
- University Hospital: 734-936-7043

If your baby experiences any changes in general health, please contact their doctor.

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