



# Wear and Care Instructions for the STARband Cranial Remolding Orthosis

## GETTING STARTED

Your baby will eventually wear their STARband helmet 23 hours a day, but not right from the start. They need several days to adjust to wearing time. Do not speed up this program by having your baby wear it for more time too early, even if your baby is not having any problems. The wearing schedule below was developed to prevent skin problems and to help your baby adjust to the helmet.

## WEARING SCHEDULE



Day	Daytime, Wear for	Daytime, remover for	Wear during naps?	Wear during night?
<b>Day 1</b>	1 hour	1 hour	No	No
<b>Day 2</b>	2 hours	1 hour	No	No
<b>Day 3</b>	4 hours	1 hour	Yes	Yes
<b>Day 4</b>	8 hours	1 hour	Yes	Yes
<b>Day 5</b>	23 hours	1 hour	Yes	Yes

This wearing schedule provides a safe way for your child to get used to the helmet. For day 1, place it on baby's head for one hour, take it off for one hour, rotating on and off all day long except for naptime and bedtime. By day 3, once baby can wear the helmet 4 hours during daytime hours, they are supposed to sleep with the helmet. The fifth day is considered full-time wear, and at this point, the helmet should only be removed for one hour per day and worn all through the night.

- Remove the helmet if your baby has a fever or the flu. Return to full-time wear as soon as possible.
- If your baby has not been able to wear the helmet for 2 or more days, increase the wearing schedule slowly over a few days to help baby adapt to wearing the helmet again.
- If your baby has been diagnosed with torticollis and your therapist or doctor has given you neck exercises to perform, remove the helmet for the exercises, and replace the helmet as soon as the exercises are finished.

## **CLEANING THE HELMET**

- Remove and clean the helmet each day.
- Use only unscented rubbing alcohol to clean the inside of the helmet. Other cleaners such as soap, water, bleach, or perfume can cause skin irritation and should not be used inside the helmet.
- Apply rubbing alcohol using a clean washcloth and vigorously rub the inside of the helmet.
- Set the helmet upside down to dry. In addition to the rubbing alcohol, a fan may be used to help get rid of odor that sometimes develops inside the helmet. Drying in the sun can also help to alleviate the odor and speed up the drying process.
- Do not use a hair dryer on a hot setting, because it can cause the white foam to burn or discolor and turn brown.

## **CARE TIPS AND HELP WITH COMMON PROBLEMS**

### **Washing baby's hair**

- Shampoo your baby's head during bath time and reapply the helmet when both the head and the band are dry.
- Babies with very sensitive scalps may benefit from a mild, unscented, hypoallergenic shampoo.

### **Swimming**

- Remove the helmet for swimming. It should not get wet.
- After swimming, wash your child's head with shampoo to remove chlorine, sunscreen, etc.
- Put the helmet back on when both your baby's hair and the helmet are dry.

### **Sweaty Head**

- For the first several days, your baby may sweat a lot. This is normal. Sweating will get better once their body gets used to wearing it full time.
- Later, when wearing time is up to all day long, you can remove the helmet for a couple of minutes throughout the day to dry your baby's head and helmet with a towel or cool hair dryer.
- Do not use powders, lotions, or wipes on your baby's head or inside the helmet. These products may contain perfumes and ingredients that can lead to skin irritation.
- Dress your baby in cooler clothing if they are sweating a lot.

### **Rash or redness**

- Perform a skin check every time the helmet is removed.
- If your baby develops a rash, call your provider right away.
- Call your orthotist right away if you see an area of deep redness that does not fade in one hour after removing the band. This may indicate a need for an adjustment. If there is any skin breakdown, remove the band and contact your prescribing provider. The helmet should not be worn until the skin is healed.

## Haircuts

- If you need to cut your baby's hair during STARband head reshaping treatment, do not shave their entire head. The contact of the helmet rubbing against the scalp may cause irritation when the hair starts to grow back in. This irritation can lead to skin problems.
- Try to keep your baby's hair the same length throughout treatment to prevent fitting problems that may result from a decrease or increase in the amount of hair.

## Itching and scratching

- It is normal for all babies to itch their head when the helmet comes off. Keep fingernails short to help prevent them from scratching their skin.
- Tea tree oil-based shampoos, coconut oil, anti-itch ointment or any prescribed cream for eczema can possibly reduce some itching.

## Tips to reduce helmet odor

- Because the helmet is worn 23 hours per day, it is normal for the helmet to smell.
- After cleaning the helmet with rubbing alcohol, place the helmet in direct sunlight, if there is any.



## Helmet “off time”

- The helmet is supposed to be off for at least one hour per day. This gives you enough time to look over your baby's head for pinkness or redness and ensure any spots are fading over that time.
- Too much time out of the helmet may create problems with the fit of the helmet since your baby's head is growing continuously.
- Call us when something prevents your baby from tolerating or wearing the helmet.
- Keep the helmet away from family pets when it's off your baby. Dogs have been known to chew the plastic and foam liner.

## STAY WITH THE WEARING SCHEDULE

Know that the STARband helmet must be worn as prescribed, 23 hours a day, to limit further abnormal growth of the skull and encourage growth in the correct places. Even at the end of treatment, the band should be worn 23 hours a day until the provider, orthotist and caregiver agree that treatment is complete.

- Stopping the treatment early against medical advice may result in incomplete correction of your baby's head shape.
- Continued use of the STARband against medical advice may restrict skull growth and may impair brain growth and development.

Explain the purpose of the helmet to other caregivers, and train them how to put it on and take it off properly, including the wearing schedule. Training is important for family, friends, daycare personnel, and any other person taking caring of your baby.

If you have questions or concerns about your baby's care, contact your child's care provider so that any issues can be fixed quickly. Information and resources for caregivers are on Orthomerica's website at [www.STARbandkids.com](http://www.STARbandkids.com).