



Wear and Care

The orthosis is worn 23 hours a day to prevent any further abnormal skull growth. **Wearing the orthosis for less than 23 hours a day could prevent optimal results, or even cause problems with the skull shape.** The orthosis is worn 23 hours a day even towards the end of the treatment.

Wear Schedule

Day	Orthosis put on	Orthosis taken off	Wearing for sleep/nap	Note
1	1 hour	1 hour	No	Repeat the cycle throughout the day
2	2 hours	1 hour	No	Repeat the cycle throughout the day
3	4 hours	1 hour	No Night	Repeat the cycle throughout the day
4	8 hours	1 hour	Yes	Repeat the cycle throughout the day
5	23 hours	1 hour	Yes	Begin the complete wearing cycle

Instructions

- 1 Your child should wear the orthosis 23 hours a day. The first week follows a gradual schedule for adaptation. Do not rush it, even if there is no discomfort. Full-time wear starts on day five.
- 2 Do not use the orthosis if your child has a fever (over 38°C / 100.4 °F). If the temperature is below this, monitor regularly and remove if it rises. Resume wear as soon as possible.
- 3 The Orthosis can be removed for Physical Therapy.
- 4 **Clean daily:** Use mild soap and a damp washcloth to clean the foam. Wipe with a clean damp cloth to remove soap, then wipe once with rubbing alcohol. Let dry and put the helmet back on after the 1-hour break.
- 5 Wash your child's head daily with shampoo. Use hypoallergenic shampoo if needed. The orthosis should not get wet-remove it for bathing and put it back on once dry.
- 6 Sweating is normal at first. If needed, briefly remove the orthosis to dry the head and orthosis with a towel or cool hairdryer. Avoid powders, creams, or scented products. Dress appropriately to prevent excess sweating.
- 7 Avoid shaving your child's head, as regrowth can cause irritation. Maintain a consistent hair length throughout treatment to ensure a proper fit.
- 8 Check the skin after removing the orthosis. If redness lasts over an hour or skin is damaged, take the orthosis off and contact your orthotist.
- 9 If the orthosis is off for more than 48 hours, skull growth may make reapplication difficult. Limit time off and contact your orthotist if you cannot put the orthosis on.
- 10 Always check the straps and apertures to make sure they are safely fastened. Loose parts could be dangerous if inhaled or swallowed.
- 11 Keep the orthosis away from heat, sunlight, pets, and children. Do not let children play with it.
- 12 Teach caregivers how to use, clean, and remove the orthosis properly.
- 13 Never try to modify the cranial orthosis at home. If any adjustments are needed, please contact your clinician immediately.



Cranial Remolding Orthoses (CROs) FAQs

1 Why does my baby need a CRO?

A baby's head shape can be a result of interuterine positioning, birth trauma, neck tightness, or early sustained supine positioning. It is estimated that up to 50% of babies have some level of asymmetry.

2 How long will my baby need to wear a helmet?

Typically 3-6 months. Determining factors include compliance, the age when treatment began (the older the baby the longer it takes to get correction) and severity. Per the FDA it is not recommended that babies wear a CRO beyond 18 months of age. They are a COMMITMENT, worn 22-23 hrs/day.

3 What if I don't proceed with helmet treatment?

There are 3 components to head shape and what could be affected:

- **Medical:** ear shifting, eye shifting, jaw shifting
- **Functional:** poor fitting sports and vocational helmets, glasses, or hats
- **Aesthetic:** social and psychological consequences of a misshapen head

4 How do I know if the orthosis needs to be adjusted?

Your Orthotist will fit and adjust the CRO throughout the treatment process. After taking the orthosis off, if you see deep red spots on your baby's head that do not dissipate within the 1-hour daily break you should contact your provider.

5 What do I do if my baby hasn't been wearing the CRO for several days?

Put the orthosis on for about 2-3 hours and then remove the CRO and observe the redness, assure it dissipates in the 1 hour break, if it does then reapply the CRO for 6-8hrs and then take a 1-hour break to assure redness dissipates or goes away, if it does you may resume 23hrs/day. If redness lasts longer than the 1-hour call your provider.

6 How long until I can see improvements?

There can be immediate improvement in the first week or 2. Skull growth is most rapid at the start of treatment and the orthosis guides that growth. The first month of 23hrs will be the most positive improvement. Keep up the great work!

Consultation/Evaluation (60 min) - Gain an understanding of the concerns, past experiences, and repositioning efforts that have been undergone. Subjective and objective information will be gathered to identify severity ranges and from there treatment goals and recommendations will be made.

****Insurance authorization can be started once a prescription is received.**

CRO Fitting/Delivery (60 min) - We will verify the fit of the helmet throughout the appointment and adjust as necessary by grinding or adding pads to the CRO. Additional adjustments may be required.

Treatment Phase (30 min) - Follow-up appointments will occur every 2-4 weeks to monitor growth and adjust the CRO as deemed necessary. Progress will be reviewed and goals adjusted as needed.

Graduation/Discharge - As measurements progress and get closer to previously discussed goals, we will complete a final comparison scan.