



## STARband Cranial Remolding Orthosis Care and Use Guide

Your child has been prescribed a cranial remolding orthosis used to constrain undesirable growth and encourage growth in the correct locations. Your child will eventually wear his/her STARband helmet 23 hours per day, but will need several days to adjust to wearing the orthosis. Follow the schedule below to gradually increase the wearing time.

DAY	ON	OFF	NAP	NIGHT
1	1 hr	1 hr	No	No
2	2 hrs	1 hr	No	No
3	4 hrs	1 hr	Yes	Yes
4	8 hrs	1 hr	Yes	Yes
5	23 hrs	1 hr	Yes	Yes

The above cycle is repeated throughout the day and by day five, the helmet should be worn a full 23 hours. Acceptable breaks from wearing the helmet are:

- Hot weather
- Messy food that may soil the band
- During physical therapy recommended exercises
- Bath time or other water activities
- Child has high fever, flu or day surgery

### STARband Care:

Each day during bath time, remove and clean the orthosis using only rubbing alcohol. Rubbing alcohol is safe to use on the orthosis and when dry, will not irritate your child's sensitive skin which may occur with other cleansers.

- Vigorously rub the inside of the orthosis with a washcloth containing the rubbing alcohol or by applying alcohol to a new soft tooth brush.
- Shampoo the child's hair daily; especially after swimming or when sunscreen has been applied. Reapply the orthosis when both the helmet and child's hair are completely dry.
- Keep the orthosis dry; do not submerge the helmet in water.

### Skin Maintenance:

For the first several days, your child may perspire excessively until his/her body becomes accustomed to the orthosis. During this time, the orthosis may be removed throughout the day to dry the child's head and band. Re-apply the helmet immediately afterwards.

- Do not use powders or lotions on the head or in the orthosis.
- If a heat rash should develop at the base of the skull, apply a thin layer of hydrocortisone cream to the irritated area once a day after bathing. Aveeno has a shampoo that is gentle and may provide relief from itching and skin rashes, if in doubt, check with your physician.

### Check the skin:

- Check your child's skin each time the helmet is removed. Call your orthotist immediately (309-682-1382) if there is a deep redness that does not fade in one hour after removal.
- If there is any skin breakdown, remove the orthosis and call your orthotist as adjustments may be needed.

### Message to parents:

- It is important that your child's provider understand how to apply, remove and care for your child when wearing the STARband orthosis. Be sure to educate those involved so they are comfortable being with your child and can provide the best care possible.