



HOSPITALS • RESEARCH • FOUNDATION

Arkansas Children's Hospital
 Department of Rehabilitation Services
 Orthotic and Prosthetic
 501-364-1192

Wear and Care instructions for Helmets

<u>Day</u>	<u>ON</u>	<u>OFF</u>		<u>Nap</u>	<u>Night</u>
1	1Hr	1Hr	repeat this all day	NO	NO
2	2Hrs	1Hr	repeat this all day	NO	NO
3	4Hrs	1Hr	repeat this all day	Yes	Yes
4	8Hrs	1Hr	repeat this all day	Yes	Yes
5	23Hrs	1Hr	repeat this all day	Yes	Yes

1. This wearing schedule provides a safe way to adjust to the helmet. The fifth day is considered full-time wearing. At this point, the helmet should only be removed one hour per day.
2. For the first several days, your baby may perspire excessively until his or her body becomes accustomed to the helmet. This is normal.
3. Keep the baby as cool as possible.
4. Skin checks should be performed every time the helmet is removed. Call your practitioner if there is an area of deep redness that does not go away in one hour after removing the helmet. **DO NOT PUT THE HELMET BACK ON.**
5. If your baby has been out of the helmet for 48 hours, restart the wear schedule but shorten it to 3 days vs. 5 days.
6. If the baby develops a rash, leave the helmet off and contact your Orthotist at the number listed above.
7. Remove the helmet if your baby has a fever. Leave the helmet off until fever is gone.
8. If your baby has been diagnosed with Torticollis and your therapist has given you neck exercises, remove the helmet for the exercise then put the helmet back on afterwards.
9. Clean the helmet by rubbing the inside of the helmet with a clean washcloth and rubbing alcohol.
10. Shampoo the baby's head daily. Reapply the helmet when both the head and the helmet are dry.
11. Remove helmet for swimming. Wash your baby to remove any chlorine or sunscreen. Put the helmet back on when your baby hair is dry.
12. Do not use powder, lotions, or wipes on the baby's head or inside the helmet. These products may contain perfumes and ingredients that can lead to skin irritation.
13. Each time you place the helmet on the baby's head, check the buckle and strap to make sure they are secure. Loose parts can be a choking hazard.
14. Keep the helmet away from family pets; they have been known to chew on helmets.
15. If you choose to stop using the helmet before being instructed to do so, the result may be an incomplete correction of the head shape.
16. Brain growth and development may be restricted if you continue to use the helmet after instructed to stop using it.
17. Be sure to explain the purpose of the helmet to other caregivers. Train them in the proper way to put it on, take it off, and the wearing schedule. Training is important for families, friends, daycare personnel, and any other persons taking care of your baby.

If you have any problems, concerns, or need help with the helmet, please contact the ACH Orthotic and Prosthetic Department at 501-364-1192. Hours of operation are from 8 AM to 5 PM

Problem after hours? Leave the helmet off until you can see your Orthotist.

If you feel it is an emergency, go to your local emergency room.