



Helping Your Baby Adjust to a Cranial Remolding Orthosis

Initial Wearing Schedule

This wearing plan offers a secure method for your child to acclimate to the orthosis (STARband or STARlight). The following chart illustrates the gradual progression of increasing the duration of wear each day until reaching a consistent 23-hour usage.

day	increments	off	nap	night time
1	1 hour	1 hour	no	no
2	2 hours	1 hour	no	no
3	4 hours	1 hour	yes	yes
4	8 hours	1 hour	yes	yes
5	23 hours	1 hour	yes	yes

- After removing the orthosis, make sure any redness in the affected areas subsides within the one-hour break. If the skin appears healthy, you can proceed with reapplying it.
- If the red marks do not fade or raise concerns, refrain from reapplying the orthosis and contact your orthotist to identify the cause and establish the most suitable course of action. Tip: Capture a photo on your phone to present to the orthotist.
- Maintaining a 23-hour wear time is vital for achieving the best possible correction of the head shape and preventing an improperly fitting orthosis.

Cleaning

- Clean the orthosis on a daily basis during the designated hour off.
- Sweating may cause the orthosis and your baby's hair to develop an odor, which is normal. Avoid using powders or perfumes.
- To prevent skin irritation, rashes, or infections, use baby wash and/or 70% rubbing alcohol to clean the inner part of the orthosis. Avoid submerging it in water, but getting splashed is acceptable.
- Seek approval from your orthotist before using any other cleaning products.
- Ensure you shampoo your baby's head every day. Wait until both the orthosis and your baby's hair are completely dry before putting on the orthosis.
- Avoid applying heat, such as a hairdryer, as it may cause the plastic orthosis to melt. Additionally, refrain from leaving the orthosis in a hot car when it's not being worn, as it may melt and deform.

Troubleshooting

Skin Care:

- After bath time, apply a thin layer of Aquaphor ointment from the Eucerin brand to areas of chafing or dry skin. Use it sparingly, focusing on the desired area.
- If your baby develops a rash or experiences skin irritation, contact your orthotist to determine the best course of action.
- Itching and Scratching: Sweating may cause your baby's scalp to feel itchy, and they may scratch when the orthosis is removed. To prevent skin cuts from your baby's nails, soothe the itching by gently rubbing their head and keep their nails trimmed.

Heat:

- It typically takes around ten days for your baby to adjust to wearing the orthosis on their head throughout the day. Initially, they may feel sweaty or irritable due to the heat. To enhance comfort, reduce their clothing layers.
- If your baby develops a fever of 100.5 degrees or higher, remove the orthosis until their temperature stabilizes.

Frequently Asked Questions

- Will the orthosis affect my baby's hair growth? Not at all, their hair will continue to grow normally beneath the orthosis.
- Can my baby swim while wearing the orthosis? Yes, but avoid submerging the orthosis in water. Remove it if your baby will be in sandy environments like the beach.
- Why does one of my baby's eyes appear scrunched with the orthosis on? This can happen occasionally due to the necessary contact on the bossed side of the forehead. It is normal, but if it seems excessive, consult your orthotist who may be able to alleviate it.
- I notice ridging around the ear trimlines and side opening. Should I be concerned? No need to worry. The ridging is caused by soft tissue such as fluid and fat pooling at the edge of the trimlines or in the gap of the side opening. It is a normal occurrence and will resolve once your baby stops using the orthosis.

Remember to prioritize tummy time for your baby's motor development. It is essential and should be done as often as possible for all babies.

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