



Head to Foot orthotics

## Plagiocephaly Helmet



This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.

### What is a Plagiocephaly helmet for?

To *remould* the cranial/ skull bones that are mis-shaped.

### Wearing In

- Unless otherwise advised the goal is for your child to wear the helmet 23 hrs per day.
- The first week your child wears the helmet is always difficult while he or she acclimatises.
- Start with your child wearing the helmet for 2-3 hrs, 3 times a day for the first 2 days.
- Increase wearing time to all day for the next 2 days and try him / her wearing it for day sleeps. Don't worry if they take it off or it moves while they sleep, but regularly monitor your child to check the helmet is not obstructing breathing.
- On the fifth day, try all day wearing and try night sleeping wearing.
- Don't wake your child to reposition the helmet initially, you may be able to do this once they have become settled with wearing it at night.
- If you think you can progress your child more quickly through these steps, do so.
- Call your Orthotist if your child is having difficulty accommodating to wearing the helmet.

### Putting On

- Line up the ear 'holes' of the helmet with your child's ears. Place the helmet on your child's head seating it as far down as possible ensuring there's no gapping between the helmet and the top of their head.
- Secure the strap firmly, not tightly.

### Taking Off

- Undo the strap and remove.

### Wearing Problems

- Monitor your child's skin under the helmet for areas of rubbing, redness. Some redness is ok as long as it fades within 5 minutes, once the helmet is removed. Contact your Orthotist if redness persists.
- If your child's eyebrow droops when he/she wears the helmet contact your Orthoist immediately.

### Hygiene

- You can wipe the foam with warm soapy water.
- Your child should be able to remove the helmet for baths/washing.

### Individual client notes




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### Further Details

Please contact if you have questions or require an appointment.



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