



Break In Schedule

The goal of treatment with the STARband® Cranial Remolding Orthosis is 23 hours a day, but your baby needs several days to get used to wearing his or her STARband. Follow the schedule below and gradually increase the wearing time. Do not accelerate this program, even if your baby is not having any problems. The wearing schedule below was developed to prevent skin problems and to help your baby adjust to the STARband.

Day	Wear Instructions	Night?	Naps?
1	2 hours on, 1 hour off	No	No
2	4 hours on, 1 hour off	No	Yes
3	8 hours on, 1 hour off	Yes	Yes
4 and beyond	23 hours on, 1 hour off	Yes	Yes

This wearing schedule provides a safe way to acclimate to the STARband. The fourth day and beyond is considered full time wear. At this point, the STARband should only be removed for one hour per day. Limit the time out of the STARband and seek assistance when something prevents your baby from tolerating or wearing the band.

Explain the purpose of the STARband to other caregivers. Train them in the proper application, removal, and wearing schedule. Training is important for family, friends, daycare personnel, and any other person taking care of your baby.

Bath Time

The STARband should be removed and cleaned during the baby's bath. This does not have to be done daily. Continuing your normal bathing routines is normally the best course of action.

- Only use color free, unscented rubbing alcohol (91% preferred) to clean the inside of the STARband
- Other cleaners, such as hand or dish soap + water, bleach, or perfume can cause skin irritation and should not be used inside the STARband.

Apply the rubbing alcohol by:

- Dampening a clean, white washcloth with rubbing alcohol and rubbing foam
- Using a spray bottle, completely moisten the foam inside the STARband and wipe with a clean, white washcloth
- Set the band upside down to dry. Use of a fan or hair dryer on the coolest setting, and/or direct sunlight may be used to speed up drying and help alleviate odor that sometimes develops inside the band.
- Do NOT leave the band in the direct sunlight for more than 15-20 minutes. This will prevent heating the foam and plastic too much.

While the STARband is drying, shampoo and rinse the baby's head. Reapply the STARband when both his or her head and the STARband are dry. Babies with very sensitive scalps may benefit from switching to a mild, unscented hypoallergenic shampoo.

Reasons to Leave STARband off

Remember that excessive time out of the STAR band may create problems with the fit since the baby's head is growing continuously.

If your baby has a fever or the flu, remove the STARband. Return to full time wear as soon as possible. If the baby has not been able to wear the STARband for up to 5 consecutive days, restart the wearing schedule above at day 2 to help the baby adapt to wearing the STARband again. **If the baby has had the STARband off for greater than 5 days, contact the office/clinician as a return appointment may be needed.**

The STAR band should be removed when swimming or playing in the sand. It is acceptable to leave the band on during play in a baby pool and/or outside in the rain. If STARband is removed for swimming in a pool or playing at the beach, wash your child's head with shampoo to remove chlorine, sunscreen, sand, etc. Reapply the orthosis when both your baby's hair and the STAR band are dry.

If your baby has been diagnosed with torticollis, the torticollis must be treated in order to achieve and maintain head shape correction. If your therapist or physician has given you neck exercises to perform, you may remove the STARband for the exercises and replace the band as soon as the exercises are finished.

Hygiene

For the first 5-7 days of wear, your baby may perspire excessively until his or her body becomes accustomed to the STARband. This is normal, and during this time, the STARband can be removed for a couple minutes throughout the day to pat dry the baby's head and inside foam with a towel or hair dryer on the coolest setting. The STARband should be reapplied as soon as the baby's hair and the foam is dry.

CRO Wear and Care Instructions

Keep the baby as cool as possible. You may towel or blow dry the baby's hair and the inside of the band 2-3 times per day with a cool hair dryer to prevent moisture build up. Replace STARband as soon as the foam and hair are dry. Time out of the band should be less than 10 minutes each occurrence. **These breaks do NOT count toward your full hour each day.**

Do not use powders, lotions, or wipes on the baby's head or inside the STARband. These products may contain perfumes and ingredients that can lead to skin irritation. The exception to this: Aquaphor. It can be applied several times per day in small amounts where needed, as needed.

If you need to cut your baby's hair during STARband® Cranial Remolding Orthosis treatment, do not shave the entire head. The baby may develop skin irritation immediately after a haircut if hair is cut too short. Try to keep your baby's hair the same length throughout treatment to prevent fitting problems that may result from a decrease or increase in the amount of hair.

When to call your clinician

Skin checks should be performed every time the STARband is removed. Call your practitioner immediately if there is an area of deep redness that does not fade in one hour after removing the band. This may indicate excessive pressure and a need for an adjustment. If there is any skin breakdown, remove the band. Pictures are very helpful- please remember to photograph the areas of concern at peak irritation and provide these images to your clinician.

If the baby develops a rash, leave the STARband off. Please let the clinician know as soon as possible. Pictures are very helpful. Please remember to photograph the areas of concern at peak irritation and provide these images to your clinician.

Each time you place the STARband on the baby's head, check the chafe, strap, and stop gap foam insert to make sure they are secure. If any issues are found, please leave the band off and contact your clinician. Loose parts can be a choking hazard and can result in asphyxiation if swallowed.

Reminders

When the STARband is off your baby's head, keep the STARband away from family pets. Dogs have been known to find the helmet odor(s) (good and bad!) attractive which leads to chewing on the plastic and foam liner.

The STARband **must** be worn as prescribed, 23 hours a day, to constrain further abnormal growth and encourage growth in the correct locations. Even at the end of treatment, the band should be worn 23 hours a day until the physician, practitioner, and caregiver agree that treatment is complete.

Early discontinuation of treatment against medical advice may result in incomplete correction of the head shape. Likewise, continued use of the STARband against medical advice may restrict skull growth and may impair brain growth and development.