Hanger Cranial Band
Wear, Care and Follow-up Guidelines

Gentle, Effective Treatment for Your Baby

With the Hanger Cranial Band, you can rest assured that your baby is receiving the best possible care and orthotic treatment to reduce the effects of plagiocephaly. By adhering to these guidelines, outlined by your baby’s orthotist, you become our partner in ensuring the effectiveness of the band. Our goal is to create a lasting change that will benefit your baby for the rest of his or her life.

Your baby’s health, comfort and well-being are our priority and we look forward to supporting you and your family through the orthotic treatment process.

The Hanger Cranial Band: shaping the future heads of America, one baby at a time.
The Next Step in Care for Your Infant: Common Questions/Concerns

Since 85% of our head development occurs in the first year of life, early orthotic intervention can successfully round out the shape of your baby’s head by making the most of what he or she is doing best: growing! By gently preventing excessive growth in one direction while simultaneously promoting growth into the relief areas built into the inner form of the Hanger Cranial Band, a rounder, more balanced shape is effortlessly achieved. For this reason, the more closely you follow these guidelines, the better the outcome will be. Committing to this process will bring positive results.

Will the orthosis be uncomfortable for my baby?
By design, your baby’s orthosis is not meant to fit snugly or put excessive pressure anywhere on your child’s head. Rather, it is designed to be comfortable and secure. Areas where growth is being limited may become blanched or pink but this is normal and no cause for concern.

Will the treatment protocol disrupt our lifestyle?
During the first week, a Wearing Schedule is established to gradually get your baby familiar with the band. He or she may show signs of displeasure at first, but eventually, your baby will grow accustomed to wearing the device. It is important to stick with the plan, even if your baby resists in the beginning. You can feel confident knowing you are working toward a goal that can only be achieved through committing to the treatment plan. Know that you and your family will be able to enjoy all of your favorite activities and outings during treatment. It will become such a natural part of your day that your baby will be able to eat, sleep, snuggle and play without limitation.

What about perspiration caused by the orthosis?
Expect your baby’s head to sweat a good deal during the first few weeks. With that in mind, take special care to clean the orthosis daily. You may even need to clean the orthosis more than once a day to get the best results. This excessive sweating should taper off by the end of the second or third week.

How long will my baby have to wear the Hanger Cranial Band?
After the first week, your baby will be wearing the orthosis 23 hours per day. The length of the treatment depends on a number of factors including the amount of correction needed and the age of your baby at the start of treatment. Generally, however, you can expect treatment to last 3-6 months.

Will it really make a difference if I give my baby a few extra breaks from the orthosis every day?
We appreciate how difficult it can be to have your baby in a cranial band for 23 hours a day and we understand the desire to want to give your baby extra breaks from wearing the device. However, in order for the orthosis to be effective, it must remain on for the full 23 hours each day. Removing it for more than one hour each day will actually prolong treatment and reduce the likelihood of a positive change. We know it can be challenging, but commit to the outlined schedule and you will see results.
### Important Things to Remember

- Take all the time you need and ask questions to understand the treatment program’s requirements and goals. Your Hanger Clinic orthotist wants the very best for your baby.

- Follow the outlined Wearing Schedule to gradually prepare your baby for long-term wear. There should be little to no discomfort for your baby. Though he or she may resist at first, it will become routine and this treatment is relatively short in the grand scheme of things.

- Whenever you remove the Hanger Cranial Band, take special care to evaluate your baby’s skin. **Blanched or pink skin is normal**, but prolonged redness or skin irritation is not. Should this occur, call your orthotist right away for an appointment.

- Hanger Clinic is here for you and your baby. If you have *any* concerns or issues with the orthosis, or if there is any change in your baby’s health that may impact the use of the band (i.e. ear infection, fever) call your orthotist to discuss your baby’s situation and needs.

- Follow these Wear, Care and Follow-up Guidelines and your baby will be well on the way to completing treatment. Remember: 23 hours each day brings your baby closer to their Hanger Cranial Band Graduation Day!

### Wearing Schedule

<table>
<thead>
<tr>
<th>DAY</th>
<th>ON/OFF TIME</th>
<th>NAPS</th>
<th>NIGHTTIME</th>
<th>SKIN CHECK</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1 hour on/1 hour off (repeat until bedtime)</td>
<td>No</td>
<td>No</td>
<td>Each time removed</td>
</tr>
<tr>
<td>2</td>
<td>2 hours on/1 hour off (repeat until bedtime)</td>
<td>No</td>
<td>No</td>
<td>Each time removed</td>
</tr>
<tr>
<td>3</td>
<td>4 hours on/1 hour off (repeat until bedtime)</td>
<td>Yes</td>
<td>No</td>
<td>Each time removed</td>
</tr>
<tr>
<td>4</td>
<td>6 hours on/1 hour off (repeat until bedtime)</td>
<td>Yes</td>
<td>No</td>
<td>Each time removed</td>
</tr>
<tr>
<td>5</td>
<td>6-8 hours on/1 hour off (repeat until bedtime)</td>
<td>Yes</td>
<td>No</td>
<td>Each time removed</td>
</tr>
<tr>
<td>6</td>
<td>8 hours on/1 hour off (repeat until bedtime)</td>
<td>Yes</td>
<td>Yes</td>
<td>Each time removed</td>
</tr>
<tr>
<td>7</td>
<td>23 hours/1 hour off</td>
<td>Yes</td>
<td>Yes</td>
<td>Each time removed</td>
</tr>
</tbody>
</table>

### General Follow-Up Schedule

<table>
<thead>
<tr>
<th>APPOINTMENT</th>
<th>AT THIS APPOINTMENT, YOUR ORTHOTIST WILL</th>
</tr>
</thead>
</table>
| Initial Fitting      | • Take measurements of your baby’s head.  
|                      | • Fit and adjust the orthosis.  
|                      | • Demonstrate how to put on and take off the orthosis and have you practice until you are comfortable.  
|                      | • Review the wearing schedule, cleaning instructions and follow-up schedule.  
|                      | • Answer your questions and concerns.                                                                         |
| 2-Day Post-Fitting   | • Call to check on your baby’s acceptance/tolerance, sleep habits, skin condition, overall experience and offer his/her support advice. |
| 1-Week Post-Fitting  | • Take measurements.  
|                      | • Evaluate the fit and check the areas of cranial contact and relief.  
|                      | • Adjust the orthosis as needed and answer questions.                                                   |
| 3-Weeks Post-Fitting | • Take measurements and re-scan.  
|                      | • Evaluate fit and make adjustments as needed.                                                             |
| Every 2-3 Weeks as Needed | • Measure, evaluate and adjust.                                                                             |
| Graduation Day       | • Take final measurements and scan.  
|                      | • Provide you with the before and after scans.  
|                      | • Award your baby a Certificate of Graduation.                                                            |

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How to Properly Clean Your Infant’s Hanger Cranial Band

Proper daily cleaning is so vitally important to this orthotic treatment program and bath time is a great time to manage this task. Cleaning helps prevent potential skin irritation, gives your infant a chance to play without the cranial band, and best of all, it gives you the chance to snuggle your baby’s little head! An earlier bath time is recommended to allow for your baby’s hair to completely dry following a shampoo.

- **Step 1:** Remove the Hanger Cranial Band and inspect your baby’s skin.
- **Step 2:** Shampoo and/or thoroughly rinse your baby’s hair during bath time.
- **Step 3:** Clean the cranial band during bath time using a watered down version of the same baby shampoo / wash you use on your baby’s head. Gently scrub the inside of the cranial band using the soapy solution on a soft brush / toothbrush and rinse.
- **Step 4:** Disinfect the cranial band using a solution of 80% rubbing alcohol and 20% water in a spray bottle. Spray the inside of the orthosis and wipe the inside with a clean, dry towel.
- **Step 5:** Wet a clean washcloth with warm water and swipe the inside of the orthosis once more to remove any excess alcohol residue.
- **Step 6:** Allow the Hanger Cranial Band to air out for one hour while your baby plays. A warm, sunny window makes for an excellent drying spot.
- **Step 7:** Return the Hanger Cranial Band to your baby’s head, making sure both your child’s head and the orthosis are completely dry. A blow dryer set on “COOL” can be used to speed the drying process if necessary.

A few guidelines:
- You may need to clean the Hanger Cranial Band more than once a day during the first two to three weeks that your infant wears it.
- Additional cleanings may also be needed if you:
  - Live in a warm climate.
  - Increase your child’s daily activity levels.
  - Let your baby play outside often.
- Never use harsh household cleaners on your baby’s Hanger Cranial Band.
- Talk to your pediatrician about the pros/cons of using talcum powder.

“When you are starting out, you think your baby is the only one in the world that needs a helmet - but I promise, that’s not the case. Plagiocephaly is common, it’s fixable and the treatment works! We initially questioned whether or not our daughter needed a band, but there has been such a dramatic change.”

— Tammy T. (Irenah’s mom)
“Relax into it. It might seem like a huge issue at first, but once you start, it becomes part of your life. Your baby won’t even care that it’s there. Time goes by fast, so own it and decorate the band and make it fun. Talk about it! Don’t feel ashamed! Realize that sometimes, things just happen. And keep it in perspective. If this is the worst thing that you’ve got to deal with then it’s going to be OK. Your baby is healthy and it’s all going to work out. Stick with the 23 hours a day schedule. You will see results!”

– Lisa H. (Jack’s Mom)

“Put your fears behind you and make the best of it. I decorated Presley’s cranial band with rhinestones and colorful hearts and polka dots. It was a reflection of her beautiful and bright personality. We knew we were doing the right thing and it was completely worth it. Our daughter hit all of her developmental milestones (sitting up, crawling, balance) wearing the band and I think it made her even stronger. Just know, you didn’t do anything wrong, the time will fly by and your baby won’t even care that the band is on. ”

Raena S. (Presley’s Mom)

“People thought it was so cute. Sometimes, kids or adults would ask me why he was wearing a helmet and I simply explained that it was helping to round out his head. They seemed satisfied with that answer and it really was not as big of a deal as I thought it would be. Now, I stop people on the street who have babies in cranial bands and I tell them, ‘I know that going through this can be hard, but it’s so worth it.’ It’s such a small amount of time to make a permanent difference in your baby’s life.”

-Corinne B. (Jake’s Mom)
ABOUT HANGER CLINIC

Hanger Clinic, the world leader in integrated rehabilitative solutions, and the premiere provider in the field of Orthotics & Prosthetics (O&P), is committed to a lifelong patient care relationship. Our clinicians are dedicated to being an integral part of all our patients’ lives, continually assessing changes and supporting their progress. With a national network of more than 740+ Hanger Clinic locations, we offer world-class care, close to home. For more information about Hanger Clinic, please visit our website at HangerClinic.com.