

How do I know if the orthosis needs to be adjusted?

Talee Providers are trained to fit and adjust the devices throughout the treatment process. After taking the orthosis off, do you see red spots on your baby's head that do not disappear within the 1-hour daily break? If not, then the orthosis fits correctly and is suitable for wear.

How do I take care of the baby's skin?

Treat the skin with your usual pre-orthosis daily routine. Wait for any creams to absorb before donning the orthosis. Make sure the orthosis and head are dry before putting the orthosis on. In the case of heat rash or contact dermatitis, use creams to soothe and dry out the skin. We do not typically recommend petroleum-based ointments. In unsure, contact your Talee Provider.

How do I tell pressure sores from contact dermatitis?

If a red spot does not disappear within the 1-hour daily break, consider the following:

First, treat the spot with the topical cream you already use and let it dry and then add a thin cotton plaster or cotton stockinette dressing without adhesive and put the orthosis back on.

Wait 2-3 hours.

Check the skin to see for change. If it is contact dermatitis, then this will consistently lead to improvements in the skin and your child may have very sensitive skin. This approach can be repeated with more intermittent breaks to treat their skin.

If it is a pressure sore, then the redness is not resolved with changing the material against the skin. In both cases, consider talking to your Talee provider for further guidance if needed.

What do I do if my baby hasn't been wearing the orthosis for several days?

If your child hasn't been wearing the orthosis for several days, check for pressure sores on his/her head. Put the orthosis on for about 2-3 hours and then take a break (take the orthosis off). Treat the orthosis and head as usual and wait for any potential pressure sores to disappear. If they disappear within 1 hour, put the orthosis back on, make the application time longer, and then take a pause again. Repeat this procedure until you resume the 23 hour a day wearing schedule. This procedure may take up to 2-3 days. If the pressure sores do not disappear within 1 hour and you fail to resume the wearing schedule, contact your orthotist as soon as possible.

How long until I can see some improvements?

Usually there is some improvement after only two weeks of wearing. Skull growth is most rapid at the start of treatment and the orthosis guides that growth. Keep up the great work!



GETTING STARTED



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WEARING SCHEDULE

A 23-hour wearing schedule is crucial for achieving successful results.

The orthosis is worn 23 hours a day to prevent any further abnormal skull growth. **Wearing the orthosis for less than 23 hours a day could prevent optimal results, or even cause problems with the skull shape. The orthosis is worn 23 hours a day even towards the end of the treatment.**

Day	Orthosis put on	Orthosis taken off	Wearing for sleep/nap	Note
1.	1 hour	1 hour	No	Repeat the cycle throughout the day
2.	2 hours	1 hour	No	Repeat the cycle throughout the day
3.	4 hours	1 hour	No	Repeat the cycle throughout the day
4.	8 hours	1 hour	Yes	Repeat the cycle throughout the day
5.	23 hours	1 hour	Yes	Begin the complete wearing schedule

WARNINGS

Warning: The infant's skin must be evaluated by the practitioner and caregiver at frequent intervals (e.g. every 3 to 4 hours) for skin irritation or breakdown.

Adverse event/effect: This device may cause skin irritation or breakdown. Discontinuing treatment against medical advice can result in less head shape correction. Extending treatment against medical advice may restrict head growth and impair brain growth and development. Not following the recommended wearing schedule may result in significant difficulties fitting the orthosis. Any treatment interruption must be consulted with your practitioner.

Warning: Carefully evaluate the device for structural integrity and fit to reduce the potential of the device slipping out of place or parts of the device becoming loose and causing asphyxiation or trauma to the infant's eyes or skin.

Warning: Never try to modify the cranial orthosis at home. If any adjustments are needed, please contact your clinician immediately.

INSTRUCTIONS FOR WEARING AND CARE

- 1 Your child should wear the orthosis 23 hours a day. The first week follows a gradual schedule for adaptation. Do not rush it, even if there is no discomfort. Full-time wear starts on day five.
- 2 Do not use the orthosis if your child has a fever (over 38°C / 100.4°F). If the temperature is below this, monitor regularly and remove if it rises. Resume wear as soon as possible.
- 3 The orthosis can be removed during physiotherapy. Consult your physiotherapist and put it back on immediately after.
- 4 Clean and disinfect the orthosis daily. Feel free to split the 1-hour break into two 30-minute hygiene breaks. Use only non-perfumed, alcohol-based disinfectants. Set a timer if needed to stick to the routine.
- 5 Wash your child's head daily with shampoo. Use hypoallergenic shampoo if needed. The orthosis should not get wet—remove it for bathing and put it back on once dry.
- 6 Sweating is normal at first. If needed, briefly remove the orthosis to dry the head and orthosis with a towel or cool hairdryer. Avoid powders, creams, or scented products. Dress appropriately to prevent excess sweating.
- 7 Avoid shaving your child's head, as regrowth can cause irritation. Maintain a consistent hair length throughout treatment to ensure a proper fit.
- 8 Check the skin after removing the orthosis. If redness lasts over an hour or skin is damaged, take the orthosis off and contact your orthotist.
- 9 If the orthosis is off for more than 48 hours, skull growth may make reapplication difficult. Limit time off and contact your orthotist if you cannot put the orthosis on.
- 10 Always check the straps and apertures to make sure they are safely fastened. Loose parts could be dangerous if inhaled or swallowed.
- 11 Keep the orthosis away from heat, sunlight, pets, and children. Do not let children play with it.
- 12 Teach caregivers how to use, clean, and remove the orthosis properly.