

SnugKap WEAR & CARE INSTRUCTIONS

This guide will provide instructions on how you should care for your baby's SnugKap Cranial Band ("Band"), and the appropriate conditions and schedule for your baby to wear their band.

Band Wearing Schedule

The schedule below was developed to prevent skin problems and to help your baby adjust to the Pediatric HeadShape Clinic's (PHSC) Adaptive Cranial Remodeling Program:

- Minimum usage will eventually be 23 hours a day.
- Follow the schedule below to gradually increase the wearing time.
- Do not accelerate this introductory phase, even if your baby is not having any problems.

Introduction Wearing Schedule:

Day	Usage Hours	Hours Off	Naps	Sleep
1	2 x 4hrs	16	No	No
2	1 x 8hrs	16	Yes	No
3	1 x 12hrs	12	Yes	Yes
4	23hrs	1	Yes	Yes

Top 4 Most Important Points (The 4 C's)

CLEAN

Keep Band Clean. Clean Band and Check skin every time the Band is removed. Do not let perspiration dry inside the Band.

COOL

Keep Baby Cool. Your baby will be a bit warmer than usual and may perspire until they become accustomed to the Band. This is normal and the Band can be removed (for less than 5 minutes) to dry the baby's head/band (use towel or cool hair dryer). Dress baby 1-layer cooler than you may normally dress them.

COMFORTABLE

Keep Baby Comfortable. Skin Check - if areas of deep redness do not fade after 30 minutes of removing the Band – stop Band use and contact your PHSC practitioner. (This may indicate a need for an adjustment).

COMPLY

With the introductory wearing schedule meticulously.

Reasons to remove band

- 1) For cleaning – to keep bacteria count inside the Band as low as possible.
- 2) When bathing – you should shampoo regularly... it would be challenging to shampoo with the Band on!
- 3) When swimming – chlorine/salt may affect the Band and hold those agents next to baby's skin too long.
- 4) Before recommended exercises (neck exercises for Torticollis) – to ensure full range of motion for exercise.
- 5) If baby has fever or the flu – otherwise overheating & dehydration is possible
- 6) If baby develops a rash (remove to dry for < 10 minutes) - consult your family Doctor within 24 hours.



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Reasons to remove band....

DO NOT: Leave Band in a hot environment such as car (Excessive heat will deform Band)

DO NOT: Use household cleaners on the Band or put Band in dishwasher (yes, it happened).

DO NOT: Use powders, lotions, or wipes on the baby's head or inside the Band.

DO NOT: Shave baby's entire head – will cause "prickly" sensation for baby and may cause skin irritation.

Other Usage Issues

- 1) If there is any skin breakdown, remove the band and contact your Doctor. (The Band should not be worn until the skin is healed).
- 2) Excessive time out of the Band (more than 48 hours) may create problems with the fit of the Band since the baby's head is growing continuously. Limit the time out of the Band, and seek assistance when something prevents your baby from tolerating or wearing the Band. If baby has not been able to wear the Band for 48 hours, use the "introduction schedule" to help baby adapt to wearing their Band again.
- 3) Keep hair a similar length during treatment.

Cranial Band Care

- Clean the inner plastic and foam parts on the Band immediately upon removal and wipe the Band dry with soft cloth.
- When the Band is not in use, keep away from pets. (Dogs are known to chew/destroy).
- The Band must be worn as prescribed, for a minimum of 12 hours a day, to constrain further abnormal growth and encourage growth in the correct locations. Maximum time per day is 23 hours.
- Unapproved early discontinuation of treatment may result in incomplete head shape correction.
- Unapproved continued use of the Band may restrict skull and/or brain growth.
- Each time you place the Band on the baby's head, check the chafe and strap to make sure they are secure. Loose parts can be a choking hazard and can result in asphyxiation if the parts are swallowed.
- Other Caregivers - Explain the Band purpose/usage and train other caregivers on the proper application, removal and wearing schedule. (Family, friends, daycare personnel, and any other person taking caring of your baby).

Cranial Band Cleaning

Vigorously rub the inside with a clean washcloth containing the rubbing alcohol, or apply rubbing alcohol using a new soft toothbrush. Only use unscented 70% rubbing alcohol to clean the inside of the Band (Other cleaners such as soap, water, bleach, or perfume can cause skin irritation and should not be used inside the Band). Set the Band upside down to dry. At each cleaning, check to ensure the strap is securely attached.

The Pediatric HeadShape Clinic is here for you and your baby to have a successful experience!

Please contact us with any questions or concerns at: info@synergyortho.ca

