



Costs and responsibilities

The cranial orthosis is a device covered under special consideration by the Régie de l'assurance maladie du Québec (RAMQ) and guaranteed for three months following reception. The Technical Aids Program handles any adjustment or repair during this period. Should the client decide to deal with another laboratory during this period, fees may apply or the laboratory may refuse to perform the work.

In cases of negligence (including loss, theft and deformation caused by heat) when using the cranial orthosis, the client is responsible for replacement fees.

Orthosis delivered on: _____

Orthotist: _____

Personal notes

For more information, contact the Technical Aids Program Secretary at:

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Brochure revised by:

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réadaptation

The moulded cranial orthosis helps reshape the bones of the skull.





With the children and their family

What is plagiocephaly?

Positional plagiocephaly refers to the deformation of a baby's skull, which may be caused by:

- positioning in utero;
- childbirth;
- prematurity;
- congenital torticollis;
- lying on the back and spending time in various baby seats.

Putting on the orthosis

- 1 Use the fastener and the strap to widen the opening of the orthosis, making it easier to put on.
- 2 Slip the Velcro® strap into the fastener, but do not fasten.
- 3 Position the orthosis so that the baby's eyebrows are visible and ears are unobstructed.
- 4 After ensuring the position of the orthosis using the above-mentioned checkpoints, apply the straps' Velcro® surfaces to each other.

Note that you may need to unfasten the Velcro® straps and slightly widen the opening to adjust the position of the orthosis.

Progressively wearing the cranial orthosis

The orthosis must be worn 23 hours a day or as recommended by the doctor.

At the beginning, it is important to regularly check for redness (every two to three hours on the first day). Redness is not an issue if it remains relatively light (pinkish).

It is normal for the orthosis to be unstable for the first few weeks. The situation generally resolves itself within the first three weeks of wearing. However, if the orthosis moves a lot and is problematic, you will need to see the orthotist.

Contraindications

The cranial orthosis is contraindicated for babies with skin problems that are significantly accentuated from wearing the orthosis. In such cases, the specialist will decide whether or not to continue with the orthosis.

Caution

Redness that seems to worsen often indicates abnormal pressure or a skin reaction. Apply odourless hypoallergenic moisturizer to the redness. If it persists, affix a small Mefix® or Hypafix® bandage (available at the drug store) to the white foam inside the orthosis, where there is pressure. If, after two attempts, the redness continues, stop wearing the orthosis and consult the orthotist.

Hygiene and maintenance

Because babies sometimes tend to sweat a lot, make sure to clean the foam inside the orthosis twice a day. Put rubbing alcohol onto a clean cloth and wipe the inside of the orthosis, rubbing it lightly. Rubbing alcohol is used as a disinfectant; it quickly evaporates without leaving any residue. Five minutes after using the rubbing alcohol, pass a wet cloth over the area. Dry the orthosis using a clean, dry cloth, or let it air dry.

Despite careful maintenance, it is normal for the foam inside the orthosis to turn yellow, become soiled and smell over time.

Remove the orthosis for bath time or swimming.

Seasonal precautions

Babies need to wear a hat for protection from the cold or sun, depending on the season. The hat should be big enough to go over the orthosis. Remove the hat when the baby is in the car so he or she does not get too hot.

Medical follow-up

A follow-up appointment with the orthotist is usually recommended four to six weeks after receiving the orthosis. The specialist will see the baby again as needed and make recommendations to the orthotist to improve results.