



STARBand® Break-in and Wearing Instructions

1. Your infant will eventually wear his/her STARBand Cranial Remolding Orthosis 23 hours a day, but needs several days to adjust to wearing the STARBand. Follow the schedule below to gradually increase the wearing time. Do not accelerate this program, even if your infant is not having problems. The wearing schedule below was developed to prevent skin problems and to help your baby adjust to the STARBand.

DAY	ON	OFF	NAP	NIGHT
1	1 hour	1 hour	No	No
2	2 hours	1 hour	No	No
3	4 hours	1 hour	Yes	No
4	8 hours	1 hour	Yes	Yes
5	23 hours	1 hour	Yes	Yes

2. This time schedule provides a safe way for your infant to acclimate to the STARBand. The fifth day is considered full time wear, and at this point, the STARBand should only be removed for one hour per day, normally during the infant's bath.
3. Remove the STARBand if your infant has a fever or the flu. Return to full time wear as soon as possible. If the infant has not been able to wear the STARBand for 48 hours, increase the wearing schedule slowly over a few days to help the infant adapt to wearing the STARBand again.
4. If your infant has been diagnosed with torticollis, the torticollis must be treated in order to achieve head shape correction. If your therapist or physician has given you neck exercises to perform, remove the STARBand for the exercises and replace the band as soon as the exercises are finished.
5. At bath time each day, remove and clean the STARBand. Only use unscented rubbing alcohol to clean the inside of the STARBand, because other products may be harmful to the baby's skin. Vigorously rub the inside of the STARBand with a clean washcloth containing the rubbing alcohol. Set the band upside down to dry. Drying in the sun can help to alleviate the odor and speed up the drying process.
6. Shampoo the infant's head daily, and reapply the STARBand when both the head and the band are dry. Infants with very sensitive scalps may benefit from a mild hypoallergenic or herbal soap like Aveeno. The STARBand should not get wet and should be removed for swimming. After swimming, wash your child's head with shampoo to remove chlorine, sunscreen, etc. Reapply the orthosis when both your infant's hair and the STARBand are dry.
7. For the first several days, your infant may perspire until his/her body becomes accustomed to the STARBand. This is normal, and during this time, the STARBand can be removed for a couple of minutes throughout the day to dry the baby's head and band with a towel. The STARBand should be reapplied as soon as the infant's hair and the band are dry. Do not use powders, lotions, or wipes that can lead to skin irritation. Dress your baby in cooler clothing if the baby continues to perspire.



8. If the infant develops a heat rash, please contact your doctor who may recommend applying hydrocortisone cream sparingly to the irritated area once a day after bathing. This cream is also available over the counter at a pharmacy.
9. If you need to cut your infant's hair during the STARBand treatment, do not shave the entire head. The contact of the band against the head may cause irritation when the hair starts to grow back and the infant may develop skin irritation. Try to keep your infant's hair the same length throughout treatment to prevent fitting problems that may result from a decrease or increase in the amount of hair.
10. A thorough skin check should be performed every time the STARBand is removed. Call us immediately if there is an area of deep redness that does not fade in one hour after removing the band. This may indicate a need for an adjustment. If there is any skin breakdown, remove the band and contact us. The STARBand should not be worn until the skin is healed.
11. Excessive time out of the STARBand (more than 48 hours) may create problems with the fit of the STARBand since the infant's head is growing continuously. Limit the time out of the STARBand, and seek assistance when something prevents your infant from tolerating or wearing the band.
12. Each time you place the STARBand on the infant's head, check the chafe, strap, and stop gap foam insert to make sure they are secure. Loose parts can be a choking hazard if swallowed.
13. When the STARBand is off your infant's head, keep the STARBand away from family pets. Dogs have been known to chew the plastic and foam liner.
14. The STARBand must be worn as prescribed, 23 hours a day, to constrain undesirable 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 the STARBand against medical advice may result in incomplete correction of the head shape.
 - Continued use of the STARBand against medical advice may restrict skull growth and may impair brain growth and development.
15. Explain the purpose of the STARBand to other caregivers, and 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 child.

If you have any questions or concerns, please contact Arise Orthotics & Prosthetics so that issues can be resolved quickly.