

## FREQUENTLY ASKED QUESTIONS

**If my child has a red spot, what should I do?**

Remove the Boston Band for one hour and reapply if the red spot goes away. You may also try applying a light dusting of cornstarch-based baby powder. If the spot does not lighten or go away, leave the Boston Band off and schedule an appointment with your orthotist.

**My child has long hair. Should I cut it?**

No, it is not necessary to cut your child's hair; although, longer hair may lead to shifting of the helmet. If your child has long hair, we recommend that you pull your child's hair up to the top of the head. Your child should not wear braids, barrettes or rubber bands anywhere under the Boston Band.

**Will it be difficult for my child to sleep in the Boston Band?**

For most children sleeping is not difficult, some children may require additional time to adjust to the helmet.

**Can I take the Boston Band off in extreme heat?**

Yes, when the weather is too warm use your full hour off. Try breaking the hour off into six ten minute durations. Ensure that your child is not overheating by removing the helmet or moving your child to a cooler area.

**My child is sweating. Is there anything I can do?**

For the first several days, your child may perspire excessively. This is normal until your child's body becomes accustomed to the band. You can also try a light dusting of cornstarch-based baby powder.

**Will my child's head shape become flat again once I stop using the Boston Band?**

It is possible, but not likely. The risk decreases as the child ages and head growth slows. When stopping Boston Band use, it is important that your child is sitting independently and not spending an unusual amount of time in one position. Spending time in one position can affect the head shape.

Boston O&P clinicians have created a Facebook support group for parents and caregivers of children with Plagiocephaly and other cranial anomalies! You will receive tips and advice from board certified clinicians and have the opportunity to speak with other parents of children with cranial anomalies.

To join this group, scan the code below to bring up our Facebook page. Once you sign in, click "Join Group" and answer the three simple questions that follow.



To find a clinic near you, visit [www.bostonoandp.com](http://www.bostonoandp.com)

**Boston Orthotics & Prosthetics**  
20 Ledin Drive  
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[customerservice@bostonoandp.com](mailto:customerservice@bostonoandp.com)

Caution: by federal law, this device is only sold to a certified orthotist.

FOLLOW US AND SHARE YOUR STORY!

@BostonO&P



## The Boston Band wear and care guide



## ABOUT THE BOSTON BAND

The active design of the Boston Band ensures contact with the bulging areas of your child's head, leaving the flat areas free to grow. This enables your child to lie in any position they want.

How long your child may need to wear the Boston Band depends on how flat the head is and the amount of growth remaining. To achieve the best possible results for your child, it is important to follow these instructions. If you have any questions, please do not hesitate to contact your orthotist.

## WEARING SCHEDULE

Children adapt easily to helmets. After a short break-in period, your child will wear the Boston Band for 23 hours a day. A break-in period is necessary to ensure that the Boston Band is fitting well and to give your child a chance to adapt. This will take approximately three days. *Break-in periods may be different depending on the child.* Please follow the schedule below.

To begin your break-in period, your child should wear the Boston Band for one hour. After the hour, remove the helmet for 30 minutes and check the skin. Repeat this process, increasing wear time by one hour each time.

Day 1	1 hr on	30 min off	2 hrs on	30 min off	3 hrs on	30 min off	Helmet off to sleep
Day 2	4 hrs on	30 min off	5 hrs on	30 min off	Helmet optional to sleep		
Day 3	30 min off	6 hrs on	30 min off	6 hrs on	30 min off	Helmet on to sleep	
Full Time Wear	AM check	Helmet on all day			PM check	Helmet on to sleep	

Full time wear is 23 hours a day. With full time wear the Boston Band should be removed twice a day, morning and evening. Ideally, the band should not be removed for more than one hour a day.

## CHECKING YOUR CHILD'S SKIN

Skin checks should be done each time the Boston Band is removed. Irritation or pink spots along the cheeks and the back of the neck are very common. This irritation usually improves as the child's skin adapts to the Boston Band.

Any irritation or redness should go away within 30 minutes. If any redness does not go away by the end of the 30 minute break, leave the Boston Band off until the redness goes away.

If redness does not go away or skin breakdown occurs, stop wearing the Boston Band and immediately contact your orthotist to schedule an appointment.

It is important to always wear the Boston Band at least 20 minutes prior to your appointment. This will help your orthotist to evaluate the fit of the helmet and to see any red spots that you may have noticed.

## PRECAUTIONS

There are a few times when it is important to remove the Boston Band:

- When redness does not go away after 30 minutes.
- When the child has an unexpected fever.
- If any kind of surgery is performed.
- At bath time.
- After swimming, wash your child's head with shampoo to remove chlorine, sunscreen, etc. Reapply the Boston Band when both your child's hair and the helmet are dry.
- As needed during physical therapy.

## CLEANING YOUR CHILD'S HEAD

You should clean your child's head once a day while using the Boston Band. If you begin to notice excessive dryness of your child's skin, please discuss this with your orthotist.

Do not change shampoos prior to beginning treatment with the Boston Band. You may use any mild baby shampoo to which your child does not have an allergy. To avoid skin irritation, make sure that all shampoo is fully rinsed from your child's hair. Your child's hair should be fully dry before placing the helmet back on.

## CLEANING YOUR CHILD'S BOSTON BAND

The Boston Band should be cleaned every day to help prevent any unpleasant odors or discoloration that may occur due to a buildup of sweat or skin cells. Some discoloration is normal over time and should not be a cause for concern.



We recommend gently wiping the inside of the helmet using a clean, soft terry cloth with mild soap and water. Repeat with just the cloth and water to ensure any soap residue is removed. The Boston Band should be allowed to air dry, do not use a hair dryer or other heat source.

At least once a week, the Boston Band should be disinfected by gently wiping the inside with 70% rubbing alcohol using a soft, clean terry cloth. Allow the 70% rubbing alcohol to evaporate. Repeat wiping with a clean cloth and water. Allow to air dry before placing the helmet back on your baby's head.

If you have any questions about the fit, wear and care of your orthosis, please call Boston O&P.

Any changes related to your specific diagnosis or general health should be reported to your physician.