



wear
& care
GUIDE





The Four C's



1. Clean

Clean band using **70% alcohol** spray and wipe down with a clean lint-free cloth or paper towel every time the band is removed.



2. Cool

Band may cause the baby to perspire. Dress baby in cooler clothing. We suggest one layer less of clothing, removing socks and/or footwear and having good air circulation (*fan*) in sleeping areas.



3. Comfortable

If a pink broad area occurs and goes away in **30-60 minutes**, continue use. If deep redness occurs that does not clear in 30-60 minutes, allow redness to clear. Place band and see if redness comes back. *If so, contact the clinician.*



4. Comply

Follow the **band wearing schedule** meticulously.

Band Wearing Schedule

| Day | Usage Time | Time OFF | Naps | Night-Time |
|-----|------------|----------|------|------------|
| 1 | 2 x 4 hrs | 16 hrs | Yes* | No |
| 2 | 1 x 8 hrs | 16 hrs | Yes | No |
| 3 | 1 x 12 hrs | 12 hrs | Yes | Yes |
| 4 | 1 x 16 hrs | 8 hrs | Yes | Yes |
| 5 | 20+ hrs | | Yes | Yes |

* Monitor child while napping. Can wear up to 23 hrs/day

Remove band if:

- Cleaning the band
- Neck exercises (for Torticollis)
- Baby has fever / flu
- Bathing / swimming
- Rash develops. If rash persists and comes back after one day, contact the clinician.

Band Care

- Only use unscented 70% rubbing alcohol on inside of
 - Clean inner plastic/foam parts immediately upon
 - Wipe down band with clean, lint-free dry cloth.
 - Check if strap is still secured.
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- **Do not** use soaps or household cleaners on band.
 - **Do not** use lotions / wipes on head or band.
 - **Do not** shave baby's head before band use.
 - **Do not** leave the band in very hot environment such as a car or windowsill.
 - **Do not** leave the band around pets.
 - **Do not** discontinue use of band during treatment (*unless rash, fever or flu occurs*).
 - **Do not** continue to use band after treatment.

Maintenance and adjustments must be performed by clinicians or clinics certified by HeadStart Medical only.



Product: ROKband Cranial Band

Contents: 1x Infant Cranial Band

Medical Device: Class I

Use: To be worn by child to improve symmetrical head shape.

Materials: Frame - PolyLactic Acid, Strap - Thermoplastic Polyurethane, Liner - Orthopaedic grade foam.

Directions: To be worn by child according to the schedule assigned by the attending **ROKband** certified clinician. Cranial Band is to be removed at least once a day to clean and dry. Band should be placed on the head so that the trimline is above the eyebrows and ears while maintaining good contact with the forehead.

Maintenance: Maintenance and adjustments must be performed by clinicians or clinics certified by HeadStart Medical.

Manufacturer: HeadStart Medical Ltd.

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