

# FAQs

## **What will I expect at an initial evaluation?**

Your baby will be measured, and pictures will be taken of their head. Then we will sit with you and your family and discuss the best plan. We are happy to talk about all the details and will answer any question you may have.

## **Not every baby needs a helmet?**

Not every baby will meet the qualifications for getting a helmet. We use researched clinical standards to guide treatments and recommendations. We pride ourselves in using helmet therapy ONLY on those babies meeting the clinical standards.

## **When is the best time to start helmet therapy?**

Treatment works best between 3–18 months, with the optimal window around 4–6 months when growth is fastest.

## **Will insurance cover a helmet?**

Coverage varies by plan. Our experienced administrative team can review your benefits, help with authorizations, and guide you through the process.

## **How does the helmet work?**

A helmet is custom made for your baby. The helmet will provide a gentle static hold to the larger side of the skull and provide an empty place in helmet for the flat region to grow into. Adjustments will be made to the helmet as your baby grows to keep them comfortable.

## **Does the helmet hurt?**

No. Cranial helmets apply a gentle, consistent hold on the higher parts of the head. Babies typically adapt within a few days.

## **How long does my baby have to wear the helmet**

3–6 months, depending on age, severity, rate of baby's growth and if they are wearing it full time. Full time wear is 23 hours a day, which includes a break for bathing and cleaning the helmet.

## **How do I know the helmet is working?**

At each follow-up appointment we will measure your baby and track their progress. We will discuss results with you and will work with you, as a team, to make the best decisions for your baby.

**Will my baby need more than one helmet over the treatment period?**

With the Starband® One Headband Guarantee, less than 1% of all infants with deformational head shapes have received a second orthosis to complete treatment!