



P-POD

WEAR & CARE GUIDE

This guide will outline how to properly clean, maintain and use the P-POD™ helmet.

APPLYING THE HELMET

Your pediatrician will show you how to place the P-POD on your child's head. Please ensure both the P-POD and your child's head are dry at the time of placement.

WEARING SCHEDULE

It is recommended that the P-Pod be worn for 23 hours per day. Over the first several days you will follow the break-in schedule. Over the course of 5 days, you will slowly increase daily wear time until maximum wear time is achieved.

Please follow the schedule below and do not accelerate wear time. This schedule has been developed to prevent skin problems and to help your baby adjust to the P-POD.

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- DAY ONE** Alternate **1** hour on, **1** hour off.
Remove helmet for naps and overnight.
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- DAY TWO** Alternate **2** hours on, **2** hours off.
Remove helmet for naps and overnight.
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- DAY THREE** Alternate **4** hours on, **4** hours off.
Keep helmet on for naps and overnight.
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- DAY FOUR** Alternate **8** hours on, **1** hour off.
Keep helmet on for naps and overnight.
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- DAY FIVE** Alternate **23** hours on, **1** hour off.
Keep helmet on for naps and overnight.
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RASHES

Contact your pediatrician immediately if your child develops a rash.

SKIN CHECKS

You should perform skin checks each time the P-POD is removed. Any areas of deep redness should fade within the **1 hour** the helmet is off.

Please discontinue P-POD use and contact your Pediatrician immediately if there is skin discoloration or problems that show no improvement and/or any areas of skin breakdown.

CLEANING

Both the P-POD and your child's head should be cleaned daily. It is recommended that the P-POD be cleaned during the 1-hour bath time window. Make sure the P-POD is removed prior to bathing to ensure enough time for the helmet to be cleaned and dried. Prior to starting the bath, you should clean the P-POD with water and isopropyl alcohol, setting aside to air dry. You may also place the P-POD in front of a fan to expedite the drying process. Both the P-POD and your child's head should be completely dry before the helmet is replaced.

BODY TEMPERATURE

Keeping your child cool in warmer climates is important to avoid heat-related issues and concerns. You may remove layers or dress in lighter layers of clothing for heat adjustments. When traveling, make sure your car a/c vent is reaching your child.

You should remove P-POD if your baby has the flu or fever. If the helmet is removed for more than 48 hours, slowly progress to full-time wear over a 48-72-hour timeframe.