

Cov Ntsiab Lus Tseem Ceeb

- Koj tus me nyuam mos ab yuav tsum tau looj lub kaus mom CranioCap® ib hnuv li 22-23 teev
- Cov pob liab liab tag nrho uas raug nias yuav tsum maj mam ploj mus li 30 feeb tom qab ua tshem lub kaus mom CranioCap® tawm
- Kev teem caij taug saib li ob lim tiam yog ib qho uas tseem ceeb tshaj plaws rau kev saib xyuas kom tau txais txiaj ntsig zoo
- Yog tias koj tus me nyuam mos ab mob taub hau tsis xis neej, tsis txhob muab lub kaus mom CranioCap® looj rau lawm.

Koj txaus siab los koom nrog koj tus me nyuam mos ab hauv kev siv cov CranioCap® cov cuab yeej tiv thaiv kev raug mob (orthosis) yog ib qho tseem ceeb tshaj plaws hauv kev saib xyuas cov taub hau tsis xwm yeem (deformational plagiocephaly). Txhawm rau kom tau txais txiaj ntsig zoo tshaj plaws uas siv sij hawm tsis ntev kiag li, koj tus me nyuam mos ab yuav tsum tau looj lub kaus mom CranioCap® txhua sij hawm, los sis ib hnuv li 22-23 teev. Raws li peb cov kev paub yav tag nrho los, cov me nyuam mos ab uas looj lub kaus mom CranioCap® txhua sij hawm yuav ntsib teeb meem me ntsis ntawm cov tawv nqaij, muaj cov cuab yeej pab los tiv thaiv kev raug mob (orthosis) zoo dua qub ntawm kev saib xyuas, thiab yuav ua rau lub taub hau sib xwm yeem/sib npaug zos zoo tshaj qub tuaj thaum uas los sib piv nrog rau cov me nyuam mos ab uas siv cov kaus mom CranioCap® tej lub sij hawm xwb.

Nov yog qee cov lus qhia siv thiab saib xyuas rau lub CranioCap®.

Kev siv lub CranioCap®

CranioCap® yog tsim los kom haum nkaus rau koj tus me nyuam mos ab lub taub hau. Kho txoj hlua Velcro txhawm kom lub kaus mom CranioCap® haum nkaus xwb, tab sis tsis txhob nruj heev.

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at 651-229-3890.

Cov Kev Teem Caij Taug Qab Saib

Thaum teeb tau lub CranioCap® rau saud koj tus me nyuam mos ab lub taub hau lawm, koj yuav tau coj koj tus me nyuam mos ab mus ntsib tus kws kho mob pab cov cuab yeej tiv thaiv kev raug mob (orthotist) txhua-txhua ob lim tiam. Cov kev teem caij taug qab saib nrog tus kws kho mob pab cov cuab tiv thaiv kev raug mob (orthotist) yog ib qho uas tseem ceeb heev txhawm rau kom paub ceeb meej hais tias lub kaus mom CranioCap® puas tseem haum koj tus me nyuam mos ab lub taub hau lawm thaum uas koj tus me nyuam loj hlob zog tuaj. Tus nqi ntawm cov kev teem caij taug qab saib yog suav nrog lub kaus mom CranioCap® tag lawm.

Kev Ntxuav Tu Kom Huv Si

Ib hnuv yuav tau ntxuav lub kaus mom CranioCap® li ib los sis ob zaug siv koj tus me nyuam mos ab cov tshuaj zawv plaub hau (shampoo) uas ib txwm siv los ntxuav. Daim ntaub tiag sab hauv lub kaus mom CranioCap® yog ib daim ntaub foam kaws ua zooj-zooj, txhais tau lawm hais tias nws tiv thaiv tau dej zoo heev. So cov ntaub tiag sab hauv nrog ib daim ntaub ntub dej thiab ib qho tshuaj shampoo me me txhawm rau coj los so cov av, roj thiab hws tawm kom tag ntawm daim ntaub tiag sab hauv. Tom qab ntawd so daim ntaub tiag sab hauv kom huv si dua ib zaug ntxiv, nrog daim ntaub ntub dej huv si, txhawm rau so cov xab npum tawm kom tag nrho. Tsis txhob pub lub kaus mom CranioCap® ntub dej. Ib lim tiam ib zaug, so sab hauv ntawm lub kaus mom CranioCap® nrog rau sib tov 50/50 ntawm cov cawv so thiab dej txhawm rau ntxuav tu kom huv si. Xyuas kom paub meej hais tias koj tus me nyuam mos ab lub taub hau thiab lub kaus mom CranioCap® qhuav tag lawm ua ntej yuav rov qab muab looj rau.

Kev Teem Caij Looj Kau Mom

Thaum koj tus me nyuam mos ab ua tiav **Cov Caij So Rau Kev Looj Kau Mom** (saib daum plooj sab nraum ntawm cov ntaub ntawv qhia no), tus me nyuam tub/tus me nyuam ntxhais yuav tsum tau looj lub kaus

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mom CranioCap® ib hnuv li 22-23 teev. Koj tus me nyaum yuav tsum tau so li 2-4 zaug hauv txhua hnuv, txhua zaus so yuav siv sij hawm li 30 feeb.

Teem Caij So Rau Kev Looj Kaus Mom

Hnuv 1

Nov yog thawj hnuv uas koj tus me nyuam looj lub kaus mom CranioCap®. Thaum pib kom koj tus me nyuam looj lub kaus mom li **1 teev** thiab tom qab ntawd yuav tau **so li 30-feeb**. Txuas ntxiv ua raws li cov sij hawm no tag nrho hnuv ntawv. Nco qab ntsoov tshawb xyuas cov pob liab liab txhua-txhua zau thaum so. Cov pob liab liab yuav maj mam ploj zuj zus mus hauv 30 feeb. Koj tus me nyuam mos ab yuav tsum **tsis** txhob looj kaus mom CranioCap® ncuva sij hawm pw tsaug zog lawm los sis thaum tsau ntuj ntawm thawj hnuv ntawv.

Hnuv 2

Txua sij hawm ntxiv rau koj tus me nyuam mos ab li **1 1/2 teev** nrog rau **so li 30-feeb**. Txuas ntxiv ua raws li cov sij hawm no rau hnuv tib ob, yuav tsum tau tshawb saib cov pob liab liab thaum so. Rau siab kom koj tus me nyuam mos ab looj lub kaus mom CranioCap® thaum sij hawm pw tsaug zog, tab sis **tsis yog** thaum tsau ntuj.

Hnuv 3

Ntxiv sij hawm rau koj tus me nyuam mos ab looj kaus mom kom txog kiag li **2 teev** nrog rau **so li 30-feeb**. Txuas ntxiv ua raws li cov sij hawm no tag nrho hnuv ntawv. Maj mam qhib lub kaus mom CranioCap® **cia** ncuva sij hawm koj tus me nyuam mos ab pw tsaug zog, thiab **pib looj rau sij hawm tsau ntuj**.

Hnuv 4

Tam sim no koj tuaj yeem pib looj kaus mom puv sij hawm kiag los tau, xaws li **ib hnuv 22-23 teev**. Koj tus me nyuam mos ab yuav tsum looj cov cuab yeej tiv thaiv kev raug mob rau ncuva sij hawm nws pw tsaug

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zog thiab tag nrho ib hmo. (CEEB TOOM: Koj tus me nyuam mos ab tsis tas yuav so li 30 feeb thaum ncuaj sij hawm tsau ntuj.) Nws yog ib qho uas tseem ceeb heev rau koj tus me nyuam mos ab so ib hnuv 2-4 zaug thiab txhua-txhua zau so li 30 feeb. Ib zau ntxiv, nco qab ntsoov xyuas cov pob liab liab txhua-txhua zau so.

Cov Pob Liab Liab

Nco ntsoov xyuas tas lis cov pob liab liab ntawm koj tus me nyuam mos ab cov tawv nqaij tom qab txhua lub sij hawm looj. Cov pob liab liab yuav tshwm sim rau ntawm koj tus me nyuam mos ab lub taub hau thaum uas loj hlob thiab hloov pauv.

Feem ntau lawm muaj ob hom pob liab liab uas koj tuaj yeem pom:

1) Kev Raug Nias (Pressure)

Cov pob liab liab uas tshwm sim los ntawm kev raug nias nws yuav ua cov pob tawv tawv thiab yuav tsum maj mam ploj mus hauv 30 feeb tom qab tshem lub kaus mom CranioCap® tawm. Yog tias cov pob liab liab uas tshwm sim los ntawm kev raug nias ntev tshaj 30 feeb, sim los siv cov khoom siv roj av (petroleum) xaws li Aquaphor kom pab txo tau cov kev sib txhuam ntawm koj tus me nyuam daim tawm nqaij. Siv ib qho me me rau thaj tsam uas muaj cov pob liab liab/raug nias ntawm koj tus me nyuam cov tawv taub hau thiab txuas ntxiv siv lub kaus mom CranioCap® yam tsis tu ncuaj. Yog tias cov pob liab liab, tawv nqaij quav los sis cov pob caws pliav tsis zoo tom qab uas siv cov tshuaj Aquaphor, thov hu rau Gillette's Orthotics, Prosthetics and Seating department (OPS) rau kev hloov kho ntawm tus xov tooj 651-229-3800.

2) Pob Khaus (Rash)

Cov pob liab liab uas tshwm sim los ntawm cov pob khaus (Rash) tuaj yeem loj zuj zus tuaj, nyob ua tej pawg, ua pob thiab/los sis tsis xwm yeem. Cov hom pob liab liab no nyob ntev dua cov hom pob liab liab uas tshwm sim los ntawm kev raug nias. Cov pob khaus (rash) tuaj yeem tshwm sim los ntawm tej yam ua

kub kub, kab mob vais lav, kab mob, kab mob zoo li nceb (fungus) los sis ua xua. Kev ntxuav tu kom huv si txhua txhua hnuv yog ib qho tseem ceeb los pab txo cov cib fim uas yuav tshwm sim cov pob khaus (rash).

Txoj hauv kev los pab tiv thaiv cov pob khaus (rash):

- Ntxuav tu lub kaus mom CranioCap® yam tsawg kawg ib hnuv ib zaug
- Muab khaub ncaws tshiab rau koj tus me nyuam mos ab hnav, txawm hais tias yuav yog hmo ntuj los xij

Saib xyuas koj tus me nyuam mos ab kom zoo zoo nyob rau hnuv uas kub sov heev, ntuj ntxhoo. (Yog tias koj npaj kev ua si sab nraum zoov nyob rau hnuv uas tshav kub kub, koj tus me nyuam mos ab tsis tas yuav looj kau mom CranioCap® thaum tawm mus sab nraud.) Muab sij hawm rau koj tus me nyuam mos ab tau so ntawm kev looj kaus mom CranioCap® txhua txhua hnuv (so li 2-4 zaug txhua zaug so li 30 feeb)

Yog tias koj tus me nyuam mos ab qhov pob khaus tseem daws tsis tau tom qab ua raws li cov lus qhia saum toj no, hu rau lub chaws ua hauj lwm Gillette's OPS department txhawm rau thov kev hloov kho. Yog tias koj tus me nyuam mos ab kub taub hau nrog rau cov pob khaus, hu rau koj tus me nyuam mos ab tus kws kho mob thiab yuav tsis pub looj lub CranioCap® kom txog rau thaum daws cov kev kub taub hau no tau tso.

Yog tias koj tus me nyuam mos ab cov pob khaus tshwm sim los ntawm kab mob kas cee (eczema), thov mus ntsib koj tus me nyuam mos ab tus kws kho mob txhawm rau yuav tau txais kev pab.

Tawm Hws

Koj tus me nyuam mos ab yuav tawm hws ntau dua li niaj zau thaum ncuaj sij hawm los siv lub CranioCap®. Feem ntau lawm, kev tawm hws yuav zoo tuaj tab qab li 1-2 lim tiam ntawm kev looj.

Kub Taub Hau

Yog tias tus me nyuam mos ab muaj kev kub taub hau tshaj 101 degrees Fahrenheit, tsum tsis txhob looj lub kaus mom CranioCap® rau lawm kom txog kiag rau thaum uas taub hau zoo tso, txawm hais tias nws tsis tau looj lub kaus mom CranioCap® los ntau hnuv lawm los xij.

Muaj Paug Ua Kaub Puab Saud Me Nyuam Mos Ab Taub Hau (Cradle

Cap)

Yog tias koj tus me nyuam mos ab muaj cov paug ua kaub puab saum taub hau (muag muag, daj, muaj tej thaj dub dub nyob saud tawv taub hau), maj mam txhuam koj tus me nyuam mos ab daim tawv taub hau txhua txhua zaus siv cov tshuaj zawv plaub hau uas hu ua shampoo. Nco ntsoov saib seb puas muaj cov tsos mob ntawm tus kab mob nyob rau tseeb tsam no, xaws li: cov pob liab liab, mob ua rau tawv nqaij rhiab rhiab thiab muaj kua dej ntws tawm los. Yog tias muaj qhov no tshwm sim, ceeb toom rau koj tus me nyuam mos ab tus kws kho mob.

Rau cov lus nug / kev txhawj xeeb txog lub kaus mom CranioCap, hu rau 651 290 8707 kom teem sij hawm los sis tham nrog tus kws kho mob pab cov cuab yeej tiv thaiv kev raug mob (orthotist).