

# Navel Cradle

The Navel Cradle™ is a proactive device for infants with umbilical hernias. It is designed to support the infant's abdominal muscles at the midline so the hernia can heal naturally.

The Navel Cradle™ provides stability where it is needed, and flexibility everywhere else. It is made of hypoallergenic cotton fabric, is latex free, and permeable to air and liquids. Each Navel Cradle can be worn for up to 5 days at a time.  
**Let's get started!**

## STEP 1: GETTING READY

- **Wash** and dry the infant's skin around the hernia.
- **Check** hernia for ease of compressing it, and proceed with the application only if the hernia can be compressed without any resistance or pain for the child.



## STEP 2: APPLYING THE NAVEL CRADLE

- **Begin** the application of the Navel Cradle by folding on the perforated lines, and then pull on both ends of the device to pop open the perforated backing.
- **Peel** off the center backing and position the cradle over the **center most area** of the umbilical hernia.



CONTINUED ON REVERSE SIDE

- **Adhere** the back of the Navel Cradle directly to the clean, dry skin. Do not stretch or force the center opening over the hernia. If the hernia is larger than the center opening, the cradle will still provide the support needed to support healing.
- **Peel and stick** each of the four tails of the Navel Cradle in a diagonal manner across your child's belly, as shown. Do not stretch the material as you go.
- Each Navel Cradle can be **worn for up to 5 days** but should be removed sooner if it becomes soiled, or if the skin around the cradle looks red, irritated, or warm to the touch.



### STEP 3: REMOVING THE NAVEL CRADLE

- **Saturate** the Navel Cradle with a baby oil of your choice that will not irritate your baby's skin.
- **Gently peel** the Navel Cradle off slowly. Wash off oils thoroughly and dry the baby's skin.
- **Wait 24 hours** before applying the next Navel Cradle, as needed.

**Please know, healing takes time.** The best way to track the healing process for you and your pediatrician is by taking photos once per week to compare.

Progress should be seen within the first three applications; however, it may take more applications to achieve the best results. It is common to need more applications for more chronic umbilical hernias, and to need less applications for more acute umbilical hernias.

For more information, videos, and success stories: [www.navelcradle.com](http://www.navelcradle.com)

Email us at [navelcradle@gmail.com](mailto:navelcradle@gmail.com)

