

Occlusion therapy

Your child has Amblyopia, commonly known as lazy eye. To treat amblyopia your child has been prescribed patching treatment.

The patch has to be worn on the

RIGHT / LEFT eye

For

If glasses were prescribed they should be worn while wearing the eye patch

In all types of patching treatment parental co-operation and encouragement is essential.

Encourage your child by being positive about the patching - the reward will be better sight. It may be hard for your child to understand but try to speak positively and set time lines such as "we'll remove the patch when we have dinner" or use a timer/stopwatch to make sure they keep the patch on for the prescribed time.

Overall the key to successful patching is:

- Spending time together
- Encouragement and praise
- Trying to make the patch a fun exercise

Ensure that the patch is worn for the full length of time recommended. Using the patch for less time will reduce the success of the treatment.

Encourage your child to wear his/her glasses constantly, both when the patch is on and when it is not.

Be firm with your child during treatment. Many children do not like wearing a patch, but this is the most effective treatment for amblyopia/lazy eye. Failure to treat the problem in early childhood, during the critical period will lead to a lifelong visual problem.

Do keep your appointments so that treatment can be carefully monitored. Failing to keep appointments delays treatment and can mean the difference between success and failure.

POSSIBLE PROBLEMS

Be aware that because your child is wearing a patch, he/she has a reduced area of vision. Therefore be extra vigilant with your child near roads and when playing.

If the patch is not fitted correctly your child they will find a way to peek around it. Make sure you use the right size for your child.

Sometimes children will develop an allergic skin reaction to the patch.

Should this occur, please contact the Orthoptic Department for an alternative type of patch.

If you notice a change in your child's squint after patching, mention it to the Orthoptist at your next visit.

Occasionally when the patch is removed, a child may notice double vision. If this occurs, stop further patching and contact your Orthoptist.

Rarely, patching can reduce the vision in the good eye. Because of this it is important to wear the patch exactly as recommended by the Orthoptist and to attend all appointments.

Patching options

Plaster/sticky patches

Worn over the eye with glasses on top



Fabric patches

Worn over or under the glasses, some are specifically designed to fit with glasses.



Available in different sizes, fun colours and patterns.

Available at:

- Your local chemist
- Local optometrist with community service card
- www.eyepatch.co.nz
- www.funeyepatchkitsforkids.com
- www.fishpond.co.nz
- www.aliexpress.com
- www.amazon.com
- www.kidseyegear.com.au
- www.specklesforkids.com

Some sites require “amblyopia eye patches” in search engine

Micropore

Use a square of gauze or a small piece of micropore in centre so the tape doesn't stick to the eye.

Available at your local chemist



Children's books on patching:

- My new eyepatch – Dawn P Rush
- The Patch - Justina Chen Headley
- The pirate of kindergarten – G.E. Lyon
- Jacobs eye patch – Beth Kobliner Shaw
- My Lazy Eye - Ayesha Haq
- Princess Pretty Patch by Kerri Green
- Apple Patty Patches - by Danielle Crul

Please contact your orthoptist if you have any problems or if there is any aspect of the treatment you do not understand.

Orthoptist name:

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Contact details:

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New Zealand Orthoptic Society Inc.



Amblyopia treatment (Patching)

Patient information Leaflet