

## Amblyopia Treatment Occlusion Therapy

Patients Name .....
To patch ..... eye for ..... hour/s each day.



### What is Occlusion Therapy?

Occlusion or patching is a way of improving the poor vision in a weak or lazy eye in children. Occluding or covering the good eye encourages the weak eye to work harder.

Occlusion does not replace the need for glasses, nor is it a cure to straighten the eye.

### Types of patches

Sticky Patches are designed to stick directly onto the face underneath glasses (if worn). These are the most effective because your child cannot peep around the patch. Your orthoptist will give you a box of patches and a new patch should be used every day.

Fabric Patches are designed to slide onto the glasses, your orthoptist will show you how to do this. This patch can be washed when needed.

### How to wear a patch

The patch should be worn over the good eye, making sure your child cannot peep around the patch.

If your child wears glasses, they should still be worn when the patch is on. It should be worn as instructed, unless your child is ill or has an eye infection.

Your child should be encouraged to carry out visual activities such as drawing, colouring or reading when wearing their patch.

Remember, your child will have reduced vision when wearing a patch, and precautions must be taken on roads, stairs, when playing outside, in the kitchen etc. Please ensure all necessary people, such as teachers and nursery staff are informed of this.

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### **What should I do if my child will not keep the patch on?**

We understand that patching may not be easy especially in young children or when the vision is poor, but it is very important not to give up. The patch is far more effective if worn regularly and from a young age. Distracting a child, encouraging them, enlisting the help of others or offering rewards may help.

**Most importantly do not give up.**

### **Possible side effects of occlusion**

Your child may be allergic to the sticky patches, if the area around your child's eye become red or sore please contact the Orthoptic Department for an alternative.

It is extremely important that your child is monitored regularly by the Orthoptist whilst having patching treatment. If you are unable to attend an appointment please contact the hospital as soon as possible.

### **Are there any alternatives to patching?**

In some children drops can be used as an alternative to patching. Your Orthoptist will advise you if these are suitable for your child.

### **How long will the patching be needed?**

This will depend on how well the patch is worn, the level of vision and the age of the child. Your orthoptist will check the vision regularly and advise you when the patching can be reduced or stopped. Patching may be needed for many months.

### **Will the vision get better without treatment?**

No. If left untreated your child's vision may be permanently reduced.

If you have any questions about occlusion therapy please contact the Orthoptic Department on **01423 553452**

If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.