

Patching Information & Instructions

For _____ prescribed on ____ / ____ / _____

Patch the **RIGHT EYE** **LEFT EYE** for _____ mins / hour(s) every day



Source: <https://worthybrands.com/pages/patchers>

Children who have *amblyopia* (a “weaker eye”) often subconsciously prefer using their “good eye,” even when both eyes are open. **Patching** is a technique for treating amblyopia by covering the “good eye” with a patch to essentially force the brain to use only the “weaker” or amblyopic eye. Sometimes, patching can be quite challenging, especially at the beginning with young children and when there is a large difference in vision between the two eyes (and therefore, often a strong preference of one eye over the other by the brain).

In order for patching to be effective, it must be consistent and done in such a way that the child cannot peek around the patch. At the beginning, you may have to ease the child into the full prescribed amount of patching time each day. However, please do not patch *more than* prescribed by your physician. Patching therapy is thought to be most effective when paired with interesting activities that require

attention to detail, such as building LEGOs, using the computer, or reading. It is not recommended for children to play outside while patched due to the temporary reduction in the field of vision. If your child wears prescription glasses, it’s best to place the adhesive patch on the skin first and then put the glasses on.

For younger children who are resistant to patching, sometimes simply applying extra tape over the patch can be enough to secure the patch. If this does not work, you can try covering your child’s hands with mittens or a tube sock. If the child is still resistant, a last resort is to use splints. Make-shift splints can be made using rolled up paper, taped inside a tube sock to prevent the elbows from bending. If splints are necessary at the beginning, be sure to implement a reward system to help motivate your child to transition to patching without the need for splints. Older children may be incentivized with activities they can only do while patching, such as using the internet, watching videos, or playing games.

There are many different companies that make adhesive patches for amblyopia/patching therapy, which vary in shape, sizes, print designs, adhesive quality, comfort, and cost. Please select what works best for you and your child. Some popular companies include Ortopad, Patch Kid, and See Worthy. Patches can be purchased online; most pharmacies and drug stores carry a limited selection of patches. Our clinic also carries patches and patching reward posters for purchase for your convenience. If one of these posters is brought in complete, your child can get a “treasure” from our “treasure chest” 😊 While there are patches that can be worn over glasses, I do not recommend these as it is often difficult to ensure that there is no peeking around them.



Source: <https://www.instagram.com/laylaspatches/>