

PATCHING INSTRUCTIONS

Patch your child's _____ eye each day for _____ hours. If the child is wearing the patch full time, allow him/her to go unpatched for at least one hour per day (while the child is awake). This is so that he/she will be able to use the two eyes together.

GENERAL PATCHING GUIDELINES:

- You can purchase 3M Opticlude eye patches from the Lake Otis Pharmacy.
- You can also try Opticlude or Coverlet brand patches.
- Ortopad can be purchased from www.eyecareandcure.com
- Patch your child only during the waking hours; remove the patch at bedtime so baby does not take the patch off when they awake and put it in their mouth. Potential choking hazard!
- Patch only the skin, do not place the patch on the glasses.
- The tape on the patch can sometimes cause irritation to the child's skin. If this happens, call the office and our staff can provide you with an ointment to treat the irritated skin.
- If you have a hard time removing your child's patch, put the child in a steamy bath so that the water can soften the tape. It will then be easier to remove.
- You can download from www.ABCD-Vision.org a free Home acuity test box to determine your child's acuity.
- You must patch the better eye to improve the amblyopic eye. Never patch your child "on your own" without direct instructions from our staff.
- Colored stickers or pictures on the patch will enhance compliance.

Your child will not like patching at first. He/she will get used to it. Often there is a struggle when patching is first initiated. If your child pulls the patch off, put it back in place. Eventually your child will get used to the eye being covered.

If the skin starts to break down and becomes tender, you may place benzoin ointment on the skin around the brow and lower lid. This forms a protective barrier on the skin so that the tape does not damage the skin. (Careful-do not get benzoin in the eye.)

If you have questions about patching please call the office, ask for one of our staff.

Alaska Children's Eye & Strabismus
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