

Treatment for a lazy eye (Amblyopia)

You have been asked to use a patch to improve the vision in a lazy eye.

PATCH RIGHT / LEFT EYE

FORHOURS PER DAY

A lazy eye or amblyopia occurs when the vision in one eye is disadvantaged during the critical development of eyesight in early childhood.

Does wearing a patch work?

- Wearing a patch (known as ‘patching’) can work if your child wears the patch as instructed.
- The younger the age at which the patch is worn, the more successful it will be.
- If left untreated, your child will have permanently reduced vision, which cannot be corrected once they are older.

How should patching be carried out?

- The orthoptist will have told you which eye to patch and for how long the patch should be worn each day.
- Try to ensure the patch is worn as instructed until the next visit.
- Do not be tempted to put the patch on for longer than required as it is possible to over-do patching
- The best time to patch is when your child is awake and preferably doing detailed work such as drawing, reading, playing with small toys or, if your child is very young, at meal times.
- Your child may like to watch TV whilst wearing the patch - they may need to sit a little closer to see - this will not be harmful to your child’s eyes.

- If your child's vision is very poor, give them big bright toys and games to play with whilst wearing the patch, so that the toys can be seen easily.
- Try to put the patch on the face rather than over the glasses - children are very good at peeping through the tiniest holes to see with their better eye.

How can you encourage your child to wear the patch?

- Make it fun - but be firm - explain to the child why they need to wear the patch - encourage with patch charts (or rewards if necessary).
- Enlist support from others. Try and distract your child and keep them busy.
- Don't give up. Once the vision in the lazy starts to improve, children usually do not struggle as much to remove the patch.

If your child complains of itchy skin or the patch causes skin irritation, contact the orthoptic department on the number on the cover - there may be alternative patches available to you.

If you have any questions please ring 0118 322 7683 or 0118 322 7681
Monday to Friday between 8.30am and 4.30pm.

Where can I get more information?

To find out more information about the Trust, visit our website
www.royalberkshire.nhs.uk

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This document can be made available in other languages and formats upon request.

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