

Occlusion Therapy (Patching)

Occlusion therapy, commonly called patching, is the treatment for an Amblyopic or 'lazy' eye. It affects 1-5% of the population.

How does it work?

By covering up the good eye you are encouraging your child's brain to use the lazy eye and the vision should improve. You are in fact stimulating the brain cells corresponding to the lazy eye, this then causes the brain cells to develop and hence the vision should improve.

Why do it?

We want your child to have the best possible sight in both eyes. Sight develops from birth up to about the age of 8 years – the sight your child has at 8 will technically be the sight they have for the rest of their lives. A lazy eye will not correct itself, so if we are going to achieve this aim of the best possible sight, then we need to undertake treatment.

Can we leave it until they are older?

Patching is more successful if done when younger. The older the child is the harder the vision is to improve and the results are often not as good as in younger children.

Is it successful?

Patching is a very successful form of treatment, but it is only successful as your child will allow – if they will not wear their patch then the vision will not improve. We fully understand the difficulties you may encounter in getting your child to wear the patch- but unfortunately there are no easy answers. It is often a case of perseverance.

How do we patch?

The patch is put over the good eye, for a certain time period each day. If your child wears glasses it is important that the patch and the glasses are worn together. It is better to stick the patch on the face rather than on the glasses as this prevents the temptation to cheat by peering over the top of the glasses.

Things to do when patching

It is believed that patching whilst doing periods of close activities, such as drawing, reading, close play, television or computer games encourages the vision to improve at a quicker rate. School/nursery is an ideal place for your child to wear the patch as long as your child and the teacher are willing. Keeping a diary of patching success may help.

Things to avoid when patching

Your child should be supervised whilst wearing their patch, therefore we suggest that they do not play out when wearing a patch and avoid such activities as bicycle riding, footballs, etc.

If you encounter any problems or have any concerns, remember that you can always ring for advice or reassurance.

Patching will not correct a squint, or straighten an eye.

It is done to correct defective vision only.

A note to parents,

The last page of this information sheet is a diary that we suggest you put on the refrigerator or study area as a reminder to you and your child.

Please encourage your child by placing a sticker in his or her successful patching days, try and also write how long your child managed to patch that day.

As an extra incentive please encourage your child to bring in this diary at the next appointment where their successful patching will be rewarded.

.....'s Patching Diary

Eye to be patched **RIGHT / LEFT**

Length of time.....

Keep a record of the patching you have managed.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				