

Treatment Plan

Orthoptist:

Consultant:

Glasses have been prescribed for full time wear.

Hypermetropia (Longsighted) Myopia (Shortsighted) Astigmatism

Patching treatment:

The patch is to be worn on the:

Right Eye Left Eye

For hours/day

For further information and advice please contact:

Orthoptic Department **0300 019 4422**

Monday - Friday 8:30am - 5:00pm

The Eye Unit, The Royal Bournemouth Hospital,
Castle Lane East, Bournemouth, Dorset, BH7 7DW

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Help your child wear their eye patch



The Eye Unit

Information and advice for parents

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How can I help my child wear their eye patch?

Wearing a patch may be difficult or uncomfortable especially for younger children. Children do not always understand why they need to wear an eye patch so treatment can sometimes be difficult. This leaflet provides you with some helpful tips.

Provide clear information

Talk to your child before you start patching and explain that the patch will help make their lazy eye see better. It would be helpful to record the amount of hours the patch has been worn each day and bring this information to your next appointment so we can compare the amount of patching with the improvement in vision.

Speak to family, friends and teachers before you start patching. Ask them to help support you during this time.

Set clear ground rules

- Make wearing the patch part of your daily routine by sticking to the same time every day.
- Be clear how long the patch must stay on for.
- As a parent you are in control of the time the child wears the patch. Apply and remove the patch yourself. Try using an alarm clock to signal when the patch can come off.
- Make sure your child is aware of what will happen if they do not wear the patch, and the rewards if they do.
- If your child removes the patch, put another one on immediately. Always have spare patches available.
- Have a clear reward scheme that the child understands such as a star chart and stickers or a favourite activity.

Be supportive

Wearing an eye patch is not very enjoyable. Spend time with your child just after you put the patch on as they may notice a difference in their vision. Start with simple activities to help build your child's confidence. Be ready to distract your child to prevent them removing the patch. A distraction box of fun, quick activities such as bubbles may help to do this.

For the first week try to spend as much time as possible with your child while they are wearing their patch as they may remove it to get attention.

Praise and reward your child frequently when the patch is worn well.

Have fun!

Plan a list of fun activities with your child, as you will need to change these frequently to avoid your child becoming bored. Here are a few examples:

- Colouring, painting and sticking
- Building blocks such as duplo
- Playdough
- Matching games e.g. snap and picture pairs
- Reading
- Games (including computer games)
- Decorating their patch
- Making their own star chart/patching diary