

# Patching therapy

## Other formats

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## What is occlusion therapy?

Occlusion, or patching, is a method of treatment used to improve poor vision in a weak or lazy eye in children. Occluding, or covering, the good eye encourages the weak eye to work harder.

Occlusion does not replace the need for glasses, nor is it a cure to straighten the eye.

## How long does the treatment last?

The treatment is more effective in younger children. Do not put off treatment until your child is older; occlusion does not always work in older children.

Occlusion may be needed on and off for a considerable length of time. The Orthoptist will advise you on how long your child will have to wear the patch each day – this will depend on the level of vision and the age of your child.

Patching must be monitored regularly, and it is extremely important that you contact the Orthoptic department should you miss, or are unable to attend, follow-up appointments.

## Type of patches

There are different types of patches, some designed to be worn directly on the face and others that fit over the glasses.

Sticky patches should be worn on the face, over the good eye, under any glasses. Fabric patches are designed for use with glasses.

The Orthoptist will advise you of the best type of patch for your child.

## How to wear a patch

The patch should be worn over the good eye.

It should be worn as instructed, unless your child is ill or has an eye infection.

Make sure your child cannot peep around the patch.

Your child could be encouraged to carry out visual activities such as drawing, colouring and reading, when wearing the patch.

Remember, your child's vision is reduced when wearing a patch, and precautions must be taken on roads, when playing outside, in the kitchen etc. Please ensure all necessary people, such as teachers and nursery staff, are informed of this.

If, on removal of the patch, your child complains of double vision and/or the patched eye appears to be squinting, you should **stop** patching and contact the Orthoptic Department.

If your child is allergic to the eye patches, please contact the Orthoptic Department as the Orthoptist can provide you with an alternative.

If you run out of patches, please contact the Orthoptic Department to arrange for some more to be sent. Please do not wait until your next appointment.

## Further information

If you have any questions about occlusion therapy, please contact the Orthoptic Department on 01271 322469.

British and Irish Orthoptic Society  
[www.orthooptics.org.uk](http://www.orthooptics.org.uk)

Squint Clinic  
[www.squintclinic.com](http://www.squintclinic.com)

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## PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [rduh.pals-northern@nhs.net](mailto:rduh.pals-northern@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

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Tell us about your experience of our services. Share your feedback on the Care Opinion website [www.careopinion.org.uk](http://www.careopinion.org.uk).

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