

Patching schedules

All day patching, one eye

- Patch the _____ eye from first thing in the morning until your child goes to bed at night. Do this _____ days a week.

All day patching, alternating eyes

- Patch the right eye _____ day(s), then the left eye _____. Continue this pattern until you return.

Part time patching, one eye

- Patch the _____ eye every day from first thing in the morning until _____.
- Patch the _____ eye every day _____ hours a day.

After school and weekend patching

- Patch the _____ eye as much as possible after school and on weekends.

If your child won't patch as directed, don't give up without calling us.

General principles of patching:

The better seeing eye is patched to break the brain's habit of ignoring the poorer seeing (amblyopic) eye.

Patching mainly helps vision, not alignment

Patching may help alignment in some cases by forcing the brain to use the poorer seeing eye in a straight ahead manner instead of an off angle, and somewhat ignored, manner.

Adhesive patches worn on the skin generally work best. A child can remove glasses to peek around a patch worn on the glasses. Similarly, a patch on an elastic band (pirate patch) can be lifted and peeked around. The pirate patch or patch on the glasses may be an option in cooperative older children who can be trusted not to peek.

Dilating eye drops are an option for some children who will not patch. Generally, patching should be given a good try first, though.

A change in one lens of the glasses can some times be used as an alternative to patching, but generally requires a cooperative older child and fairly good vision in the amblyopic eye.