

Additional information can be found at:

<https://www.nhs.uk/conditions/Lazy-eye/>

Further information

If you need any further assistance, please contact the orthoptic services department on:

St. Helens	01744 646 816.
Southport	01704 705 213.
Ormskirk	01695 656 690.

St Helens Hospital
Marshalls Cross Road, St Helens,
Merseyside, WA9 3DA
Telephone: 01744 26633

Whiston Hospital
Warrington Road, Prescot,
Merseyside, L35 5DR
Telephone: 0151 426 1600

Southport District
General Hospital
Town Lane, Kew,
Southport, PR8 6PN
Telephone: 01704 547 471

Ormskirk & District
General Hospital
Wigan Road,
Ormskirk, L39 2AZ
Telephone: 01695 577 111

Patching for amblyopia (lazy eye)

Patient information leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

What is a lazy eye?

A lazy eye (amblyopia) means the level of vision is reduced in one eye, and cannot be improved with glasses alone.

It is caused by one eye not developing properly, which can be for many different reasons.

Your orthoptist will explain what is causing your child's lazy eye.

Many children with a lazy eye wear glasses. If your child has glasses they should be worn full time.

What is the treatment procedure?

Treatment of a lazy eye involves blurring the vision in the 'good' eye to encourage the child to use their lazy eye more.

This is most commonly carried out using an eye patch.

My child's patching treatment

Name:

Date of birth :

Please wear the patch on your:

Right eye _____

Left eye _____

Wear on eye for _____ hours per day.

Additional information

What are the risks of amblyopia treatment?

Some children do not like having one eye covered with a sticky patch. Others may have an allergic reaction to the patches. In these cases we can explore other treatment options.

Covering one eye reduces your child's peripheral vision. It is important that they are monitored to ensure that they do not bump into things on the patched side. They may have reduced depth perception, meaning they may struggle with activities such as catching a ball. We recommend that patches are not worn during sporting activities.

If your child struggles with their patch due to social issues, such as difficulties with other children in school, please discuss this with your orthoptist. We can consider other ways of treating your child's lazy eye to help this.

If your child has very poor vision we can work with the school to advise on how well your child can see and any adaptations that may be required. Please discuss this with your orthoptist.

In rare cases patching can lead to double vision. You will be advised if this is a possibility in your child's case. If your child complains of double vision when the patch is taken off please contact the orthoptic department for advice.

What are the benefits of treatment?

We treat lazy eyes to ensure that your child grows up with two 'good' eyes.

The aim is to improve the level of vision in your child's eye to the best that it can be. This can also improve your child's 3D vision and contrast sensitivity. All of these things impact how well your child sees on a day-to-day basis.

Patching is not prescribed to treat a squint (turn in the eye). If your child has a squint this will generally not be affected by the use of patching.

What will happen if the lazy eye remains untreated?

Without treatment the vision in the lazy eye will remain reduced, and may further reduce.

Adults with lazy eyes are restricted from entering some careers, and are at risk of sight impairment if something happened to their 'good' eye.

Having a lazy eye does not qualify a child for visual impairment registration.

Your child will be given sticky patches to wear over their good eye for a set number of hours per day, the length of time varies for each child. This will be discussed with you at your orthoptic appointment.

Research suggests that treatment is most effective at a younger age. Treatment is generally carried out before your child reaches 7 years old. However, if your child is older than this treatment can be attempted. It can be more challenging to improve vision in older children.

Is there an alternative to using the patch?

If your child cannot tolerate sticky patches please speak to the orthoptist. Alternative brands of patches are available, as well as patches that fit onto the glasses.

For some children, an eye drop (atropine) can be used to blur the vision in the good eye instead of using a patch.

If this is something that you would like to pursue please ask your orthoptist or refer to the atropine for lazy eye leaflet available in clinic.

How successful amblyopia treatment is often depends on how well a child wears their glasses and patch. We do understand how difficult it can be to implement as a parent/carer. Your orthoptist will offer support and advise you on the number of hours the patch needs to be worn each day and will help you select which type of patch suits your child best.

To help your child succeed with wearing their patch, here are some useful tips:

- Be positive. Give an explanation about why they need to wear the patch and use words of encouragement from the beginning.
- When your child first starts patching, choose a time when you can spend it together and be prepared to distract them with a variety of activities. This can be reading a book together, drawing, painting, jigsaws, Lego, playing games on a tablet or smart phone, watching a favourite programme on TV or playing with favourite toys. NB if using games on a tablet/smart phone it is best to use 'search' type games to ensure as much visual stimulation as possible is achieved.
- Plan a routine for patch wearing that your child can understand. This could be that the patch goes on after breakfast and comes off at lunchtime, or split into shorter time periods throughout the day.
- Wear the patch at nursery/school. Children will often wear their patch better when at nursery/school as they are kept busy and forget they are wearing the patch. They also do lots of close activity which is good for stimulating vision.
- Praise and reward. Tell your child they have done well for any amount of time they have worn their patch. Use star charts to motivate and record success. Treats as a reward may also help.