



Making a difference in the lives  
of children, youth and families

## Eye Patching Information for Parents

Sometimes children need to wear a patch over their 'better seeing' eye. This allows the 'poorer seeing' eye to get stronger.

### How do we place the patch?

Adjust the patch so the narrow end crosses the bridge of the nose. The wider base touches the cheekbone and the bones near the temple.

### Help-my toddler won't keep the patch on!

It's hard for a busy toddler to get used to wearing the patch. During the first few days, your child will yank the patch off often, and you'll need to put it back in place many times. Be patient and don't give up-it will get easier. As your child's vision gets better in the poorer seeing eye, he won't mind wearing the patch so much.

### How do I keep the patch on an active 5 year old?

This will take a little firmness and creativity on your part. Keep in mind that patching will improve your child's vision-so this is a time when you have to make sure that your child wears the patch. Start off with clear expectations and a regular routine.

You may find that a reward system works well. For example, you and your child can create a calendar together. Your child can earn a sticker for wearing the patch all day. Several stickers in a row might earn your child a treat (this could be a special activity or a 'sometimes' food).

### Wouldn't it be easier to wait until my child is older?

Even though it may be easier to explain the need for patching to an older child, patching works best when a child is young. The younger a child is when patching starts, the greater the chance that the vision in the poorer seeing eye will improve to normal or 'near normal'. A child's brain is very flexible until it becomes "hard-wired" at around the age of 8-10 years. When your child is only a second grader, her brain's visual system may have reached adulthood! Even though your toddler can't understand the need for a patch, the life long benefits of good vision are definitely worth the struggle.

### What can I do about a rash my child got from the sticky patch?

If your child develops a rash, leave the patch off for 1-3 days until redness has improved. You can apply either Maalox® liquid antacid or calamine lotion® around the eye, as long as your child does not have allergies to these medications. Allow the liquid to dry before replacing the patch. You can also use a hole punch to make a few holes along the sticky portion of the patch. They may help to decrease skin irritation.



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## Where to buy patches

Nexcare® Opticlude® Orthoptic Eye Patches are the patches used most often. They come in both junior and regular sizes. They cost between-\$6.39 - \$8.79 for a package of 20 patches. Remember that not all store locations will carry patches.

You can find these patches at:

- Jean Coutu
- Shoppers
- Lawton Drugs
- Sobeys
- Loblaws
- Value Drug Mart
- London Drugs
- Walmart
- Safeway
- Zellers
- Costco

:-) Thanks to ortopadusa.com for permission to adapt their FAQs

Other brands can be purchased online or by phone:

#### Adhesive (sticky) Patches:

- Ortopad - Hypo-Allergenic Eye Patches [ortopadusa.com](http://ortopadusa.com) or 1-800-461-1200
- MYI Occlusion Eye Patches [myipatches.com](http://myipatches.com)
- Krafty Eye Patches® [kraftyeyepatches.com](http://kraftyeyepatches.com)

#### Non-Adhesive (non-sticky) Patches

Patch Pals® [innovamed.com](http://innovamed.com) or 1-800-461-1200

- Eye-Lids [eye-lids4kids.com](http://eye-lids4kids.com)
- Perfect Eye Patch [perfecteyepatch.com](http://perfecteyepatch.com)

For more info,  
visit [AAPOS.org](http://AAPOS.org)

