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# Amblyopia and Patching Treatment

## Information for Parents

## Ophthalmology Department



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## Information for Parents

### WHAT IS AMBLYOPIA?

Your child has a condition known as Amblyopia (lazy eye) which occurs when the sight of one or both eyes is under developed causing reduced vision.

Approximately 4% of children will need to wear a patch over one eye in order to encourage better vision in their amblyopic eye. This treatment is called patching (occlusion therapy).

The common causes of amblyopia are:

- Squint (turn in the eye)
- Refractive error (a need for glasses)
- Ptosis (droopy eyelid)

### HOW IS AMBLYOPIA TREATED?

Amblyopia can be treated with glasses and/or patching. Glasses enable the eye to focus correctly. Patching may also be required.

### HOW DOES PATCHING IMPROVE MY CHILD'S VISION?

The vision will improve if the child uses the eye more since it is the lack of proper use that has caused the eye to be lazy.

Patching works by covering the 'good' eye with a sticky patch to force the weaker eye to work harder. If your child needs to wear glasses these should be worn over the top of the patch.

Initially your child may object to wearing the patch, this is because apart from feeling strange and slightly uncomfortable, he/she will not be able to see as well as before. As the vision improves this should become easier.

The patch is worn to improve the ability of the eye to see, it will not improve a squint that is present or eliminate a need for glasses. Squints are treated with glasses and / or surgery.

### WHEN CAN THE PATCH BE WORN?

The easiest way to keep a patch on is to distract your child's attention. Playing games, colouring in or reading with your child are good ways to encourage co-operation with the patching. You may also find that he / she will wear the patch whilst watching television or using the computer. Your orthoptist will advise you if it can be worn at school.

Please be aware that whilst your child is wearing a patch half of their visual field is lost. For safety we advise against wearing a patch for outdoor / adventure activities e.g. bike riding.

### HOW MUCH PATCHING WILL MY CHILD NEED?

This varies from child to child and will depend on several factors that your orthoptist will discuss with you. You will be advised on how long the patch should be worn each day in order to obtain the best vision possible for your child. The Orthoptist will see you regularly to monitor progress. It is therefore important that you keep your appointments.

### WILL THE VISION GET BETTER WITHOUT TREATMENT?

No. If left untreated your child's vision may be permanently reduced.

### FOR FURTHER INFORMATION PLEASE CONTACT

Orthoptic Department:

Ashford Hospital	<b>01784 884133</b>
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Heart of Hounslow Health Centre	<b>0203 7716112</b>
Woking Community Hospital	<b>01932 722627</b>

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### Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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