

Further information

If you need more patches before the next appointment, please call us on:

01782 676001— Select option 5

www.uhnm.nhs.uk/our-services/orthoptics

Top Tips for patching/atropine eye drops

- Try instilling the drops when your child is asleep.
- The eye drops are easier to put in when your child is lying down.
- Try to be consistent with the patches or drops so your child develops a routine.
- Try distracting them with fun activities such as colouring, reading, iPad. Close-up work is more effective in improving the vision.
- Extra supervision may be needed for the first few weeks of wearing a patch as they may be more clumsy.

Eye Condition Patient Information Leaflet

Lazy Eye (Amblyopia)

Including treatment passport

Please speak to a member of staff if you need this leaflet in large print, braille, audio or another language



Introduction

This leaflet provides you with information on Lazy Eye. It is not meant to replace the discussion between you and your Doctor/Healthcare Professional but may act as a starting point for discussion.

If after reading it you have any concerns or require further explanation, please discuss this with a member of the Healthcare Team who has been caring for you.

What is a Lazy Eye?

A lazy eye or amblyopia occurs when the sight of one or both eyes is underdeveloped causing reduced vision

What causes amblyopia?

- A squint (a turn in the eye) is the most common reason for one eye to be amblyopic.
- Amblyopia can also occur when one or both eyes are longsighted, shortsighted or have astigmatism.
- If there is an obstruction to light reaching the back of the eye such as cataract or scarring

How is Amblyopia treated?

Amblyopia can be treated with glasses and or as well as occlusion (patching/drops) therapy.

Glasses can help some children by letting the eye focus properly. In addition covering or blurring of one eye is often needed. A medically prescribed atropine eye drop can be used to blur the vision in the good eye or a patch can be used to cover the good eye.

Date Seen	Hours patched/Dates drops instilled							Total Time
Be creative:	M	T	W	T	F	S	S	
You can colour in the square if you've achieved all the patching for that day, or use a sticker, or write the number of hours for each day.	1							
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Date Seen	Hours patched/Dates drops instilled							Total Time
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Can my child have amblyopia treatment at any age?

Vision is most adaptable to change during the critical period which is up until age 8 years. There may be some opportunity for vision to improve beyond age 8 years but this is less likely.

Does the occlusion (patching/drops) help my child's sight?

- If the child uses the eye more, the sight should improve as it is the lack of proper use that has caused it to be lazy.
- Covering or blurring the good eye should make the lazy eye work harder.
- If the child needs glasses then these should be worn at the same time as patching or eye drops.

Should my child do anything different when being occluded?

As the atropine drops give a constant blur, there is no one activity better than another. If your child likes to watch TV they may need to sit closer to see properly.

If your child's sight is very poor it is best to let them play with things that are big and bright so that they can be seen more easily.

Other activities that can encourage the eye to work harder whilst wearing a patch for a set time are reading, drawing, playing with small toys or computer games.

How long will the occlusion take?

This varies from child to child and depends on their age and how long the eye has been lazy.

The Orthoptist will monitor progress regularly and will develop a treatment plan to suit you and the visual needs of your child.

Does occlusion therapy really work?

Occlusion can only work if your child wears the patch or puts the eye drops in as instructed. It can only help your child's lazy eye and may not improve the squint. Squints are treated with glasses and/or surgery.

Will it get better on its own?

No. If left untreated, the child may have permanent damage to their sight which cannot be corrected when they are older.

Tips

- Encourage.
- Keep trying - despite opposition.
- Ask for support from others.
- Make it fun.
- Keep them busy.
- Reward good behavior.

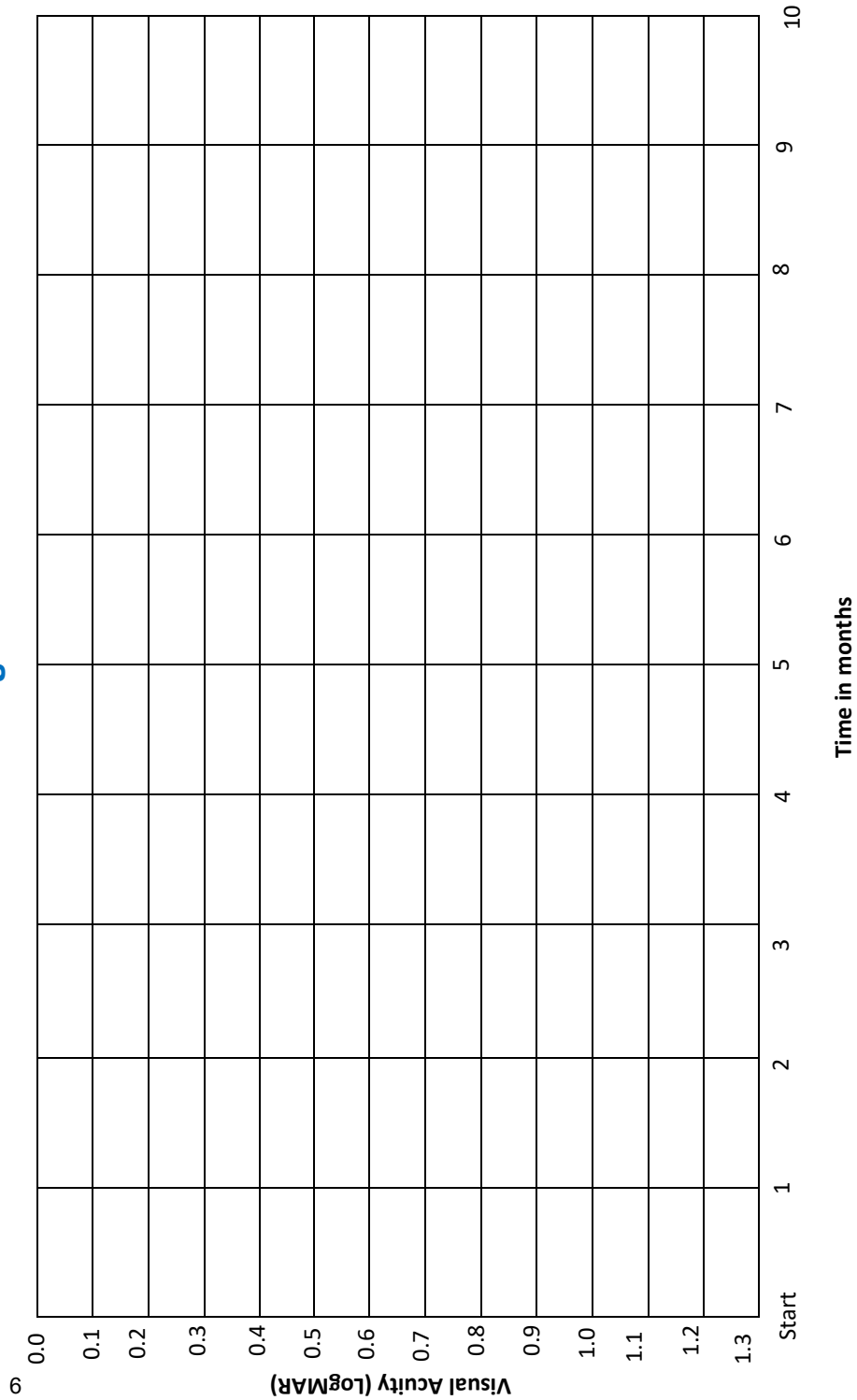
Contact Details

If you have any questions concerning your child's vision please speak to your Orthoptist or a member of the Healthcare Team that has been caring for them.

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Be creative: You can colour in the square if you've achieved all the patching for that day, or use a sticker, or write the number of hours for each day.		M	T	W	T	F	S	S
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Visual Progress Chart



Treatment Passport commenced on:

Do I wear glasses? **Yes** **No**

When should I wear my glasses?

Type of treatment:

Patches Date started: _____

Atropine eye drops Date Started: _____

Using the charts on page 7 to 9, please add how many hours the patch has been worn each week or when the drops were put in. This is so we can calculate the total treatment your child has received.

RIGHT EYE



LEFT EYE