

Eye Patches for Children

RIGHT EYE / LEFT EYE

For _____ Hours
_____ Days per week

Patches that adhere directly onto the skin

1. **OPTICLUDE EYE PATCHES** (made by Nexcare) purchased from any chemist
2. **ORTOPAD EYE PATCHES** (for sensitive skin) Orthopad patches: ordered and purchased via the website www.myipatches.com

Patches that slide over glasses

1. **KIDS EYE GEAR** – ordered and purchased at kidseyegear.com.au
2. **PATCHMATE** -ordered and purchased via website www.patchmate.com.au

Monitoring Patching at Home

It is essential to supervise your child during this process as it is very easy to 'cheat' or look over/alongside the patch.

In order to ensure adequate occlusion therapy is being adhered to, I prefer parental supervision of occlusion therapy.

The amount of therapy does not need to be in one setting ie: for 2 hours of patching, this can be done in 30 minute 'batches' throughout the day.

Some find in the car on the way to school is a great start, which would be 30 minutes, followed by in the car on the way home from school, which would be another 30 minutes.

Any regime that works for you is great.

Computer Monitoring

An app is available for the Ipad or Iphone. It is called 'Patching Pirate' and can be downloaded from the App Store.

Patching Pirate App in Ipad or Iphone can allow you to:

- Put in hours
- Monitor patching regimes via the calendar
- Play games once patching hours have been reached