

Patching Treatment for Exotropia

Patching Therapy has been described as a method to help treat patients with exotropia (outward-turning eye).

Which Eye do I patch?

How much time do I patch?

Right Eye Left Eye

Part Time _____ waking hours

Alternating Right & Left

How do I put the patch on? An adhesive eye patch should be used. The patch should be placed directly on the skin, not on the glasses. The patch is often more comfortable if "tented" so it does not touch the eyelashes. There are several brands of patches and sizes. Use the brand and size that is most comfortable.

What if the patch causes skin irritation? Rotating the patch in different directions will help eliminate skin irritations and "break outs". The patch can be adhered in any direction, just make sure it covers the entire eye. Avoid removing the patch more than necessary. You can also try a different brand of patches. Each brand uses different adhesives that may be better on your child's skin.

Before removing the patch place a warm compress over the patch for 1-2 minutes. This may loosen the adhesive and provide an easier removal.

Milk of Magnesia can be used to protect the skin. Apply a small amount of liquid Milk of Magnesia with a cotton ball or your finger on the skin around the eye in the area where the patch sticks. Avoid getting it in the eye. Allow it to dry, and then apply the eye patch.

How long will I need to patch? Patching may continue for months, depending on the age of the child and the control of the exotropia.

What should I do the day of the appointment? We recommend that the patch not be worn on the day of the appointment.

What if I need to cancel an appointment? If you cannot keep an appointment please let us know as soon as possible. Patching therapy is time dependent. When you call to reschedule, please remind us that you are patching, this will help expedite the rescheduling process.

Where can I purchase patches? Ortopad patches can be purchased online at www.ortopadusa.com or by calling 1-866-678-6723. Other brands such as Coverlet or Opticlude may be available at your local drug store or discount chain store. If you have question on insurance coverage, please contact you insurance carrier.

also at amazon.com

If you have any other questions about patching treatment exotropia, please do not hesitate to call.