

Fact Sheet

Your child's contact lenses and patching therapy

Page 1

Now that surgery is completed, it is time to start the visual rehabilitation. This means mastering the contact lens and the patch.

Contact lens handling

Basic insertion, removal, cleaning and general contact lens instruction will be given to you by an orthoptist. This will occur as soon as possible after you have collected the contact lens. You will be asked to phone and make an appointment with an orthoptist. This appointment for contact lens instruction usually requires one to two hours and short fingernails.

Occlusion therapy - "patching"

The orthoptist will also advise you of how to patch your baby's stronger eye to encourage the amblyopic (weaker) eye to catch up. In conjunction with the ophthalmologist, the orthoptist will work out a daily patching regime for your child.

In the early days of occlusion therapy when your child has not yet started to see well, it is quite normal for your child to become sleepy with the patch on. Parents often report a difference in their child's behaviour during patch time. For example, a happy outgoing child may become shy, quiet and insecure because they are not seeing well. Your child will need comfort and reassurance during occlusion therapy. Your time and effort in playing with your child will be important.

Some parents will find that the routine of patching is very difficult and may feel it is affecting their relationship with the child. Please contact the Orthoptist or Ophthalmologist if this occurs, as there may be other ways that the patching can be achieved in a less distressing way.

How to make an eye patch

You will need:

- wide Micropore®, Leukopor® or Telfa® tape
- scissors.

1. Cut an 8cm strip of tape.
2. Cut a smaller piece of tape (or soft cloth) 3cm in width. Double this strip of tape back on itself so the sticky sides are together.
3. Place the tape or cloth in the centre of the large strip.
4. Round off the edges and corners and apply to appropriate eye as directed.

Tips

- Opticlude® ready made patches are available at most chemists, optometrists or OPSM.
- If the Micropore® tape is not sticky enough, try a heavier grade tape.
- The eye shield used in surgery can be used by placing an eye pad under it to block vision, and then tape around the entire edge of the shield, so that it sticks to the face.
- A patch made of adhesive tape works much better than an elasticised "pirate" type patch.
- It is best to stick the patch underneath the child's glasses to avoid them looking over the top of the glasses and patch.



Fact Sheet

Your child's contact lenses and patching therapy

Page 2



Financial assistance

Your family may be eligible for the special financial assistance. You may be able to receive help from:

- Department of Social Security (Commonwealth Department)
 - Is your child eligible for a health care card?
 - Child Disability Allowance Application.
- Isolated Parents Travel Allowance Scheme (NSW Government Department of Health)
 - If you live more than 200km away from your place of treatment.
- Vision Care NSW
Ph (02) 9344 4122
Toll free 1800 806 851.
- Special application to your private health fund for extra benefit on contact lenses, with a supporting letter from your Ophthalmologist.

and sterilising equipment. In some cases, the ophthalmologist that performed the surgery and prescribed the lenses may be able to order the lenses from the manufacturer. This varies depending on the type of lens needed.

Remember

- Check guarantee or warranty details for contact lens.
- Your child will need comfort and reassurance.

Getting the contact lenses

Recognised optical dispensers such as OPSM Pty Ltd should be consulted when buying the contact lens. Some firms offer reduced rates for infants and pre-school children. If the lens comes with a guarantee, check what this involves or covers. Some of the private health funds offer an optical dispensing service - it may pay you to look into this.

It is strongly suggested that you keep a spare contact lens on hand at home at all times. A lens with a blue handling tint, which is easier to see, is available if you prefer. As well as the contact lenses, you will need to buy the cleaning solutions

This fact sheet is for education purposes only.
Please consult with your doctor or other health professional
to make sure this information is right for your child.

the
children's
hospital at Westmead

www.chw.edu.au

 **SYDNEY
CHILDREN'S
HOSPITAL**
RANDWICK

www.sch.edu.au


Kaleidoscope
HUNTER CHILDREN'S HEALTH NETWORK

www.kaleidoscope.org.au