

# Fact Sheet

## How to make an eye patch



### You will need:

- Approx 5cm 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 sticky patches are available at most chemists 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 as children may peek, or lift up a pirate patch easily.

### Remember

- If the tape is not sticky enough try a heavier grade tape.
- A patch made from tape works much better than an elasticized "pirate" type patch.

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.

*This document was reviewed on Thursday, 6th July 2006.*

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