FACTSHEET

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

- Ready made sticky patches are available at most chemists or online.
- 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 pirate patch or elasticised patch is not suitable for patching therapy as children may peek or easily lift up a pirate patch
- If your child skin reacts to use of adhesive tape or adhesive patches, a fabric patch may be an option (if your child wears glasses). Please consult your Orthoptist or Ophthalmologist for further information and to see if this is a suitable treatment option for your child.

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.

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