



## How to Make Eye Patches

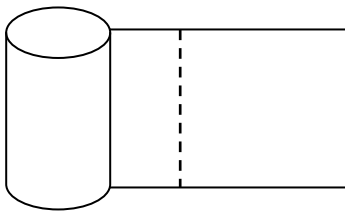
### Materials

These are usually available at surgical supply companies which can be located in the Yellow Pages, or they can be ordered through your pharmacy.

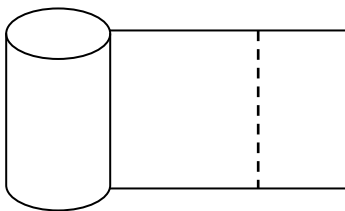
1. "Micropore" tape by 3M – 2 inches wide.  
**OR**
2. "Dermicel" hypo-allergenic surgical tape by Johnson & Johnson – 2 inches wide.

### Procedure

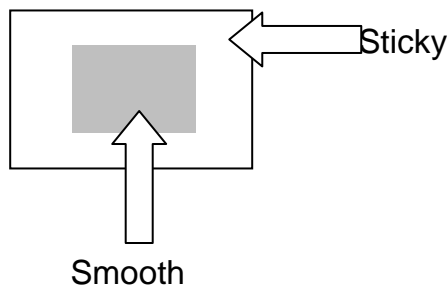
1. Cut a 2" to 2.5" strip of tape.



2. Cut a 1" to 1.5" strip of tape.

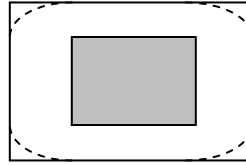
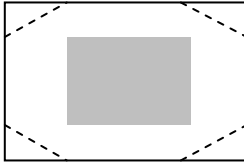


3. Place the 1" to 1.5" strip in the center of the 2" to 2.5" strip, sticky side to sticky side. This will create a smooth (non-sticky surface) on the inside of the patch. This center will not stick to the eyelid or the lashes; it will create a stick border for adherence to the skin surrounding the eye.

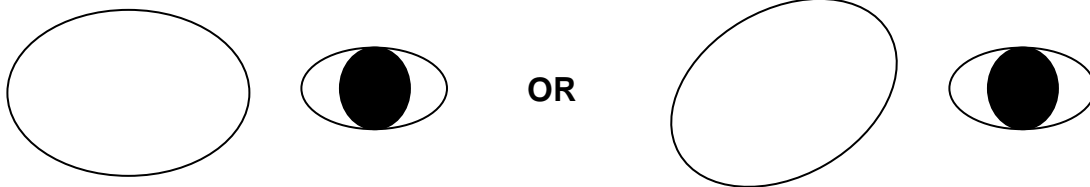




4. The patch can be trimmed along the corners.



5. Allowing your child to decorate the patch, with stickers or their own drawings, may improve patch wear.
6. Place the patch over the dominant eye (the “good” eye) in a direction which best suits the child’s facial structure. The patch is best placed straight across or angled upwards at the nose.



7. Ensure that the patch adheres on all sides; your child would rather use a “peek hole” than the “weaker” eye. Watch for abnormal head positions, this may indicate “peeking.”
8. To remove the patch, it is usually best to start at the side closest to the nose. Remove the patch towards the ear, this goes with the direction that the eyebrow hairs grow. Hold the skin down with the opposite hand to prevent pulling the skin.