

Helpful Hints for Wearing and Removing the patch

Helpful Hints if your child experiences redness or rash

How do I put the patch on?

- Clean and thoroughly dry the eye area where the patch is to be applied with mild soap and water only.
- Remove the paper backing from eye patch.
- To prevent pulling, close both eyes in a relaxed manner – no squinting.
- Align eye patch over affected eye, narrow portion toward the nose.
- Make sure the dark occlusive patch covers the eye area.
- Gently press adhesive edges to the skin, making sure to not pull skin.
- Change eye patch daily or as recommended by medical professional.

Some parents/users will trim the adhesive a bit so it does not stick to the eyebrows.

How to remove the patch?

- Begin at the nose side of the patch; loosen the outer edges of the patch.
- Using a “low & slow” motion, peel patch towards the ear, keeping it close to the skin surface and pulled back over itself.
- If needed, gently press the eyelid away from the eye patch.
- Removing eye patch at an angle will pull the skin and increase the risk of redness and irritation.

My child still has red areas from the patch when we removed it – what can we do?

A few suggestions we have received from working with both doctors and parents is to use an adhesive barrier – this allows the patch to stick to the coating on the skin and not the skin itself.

- Try coating the area around the eye with a thin layer of the liquid from a vitamin E tablet or a liquid antacid (Mylanta) allow to dry then apply the patch.
- Prior to putting patch, put the patch on your arm or pant leg so some of the adhesive gets "contaminated" and is less sticky.
- If there are certain areas that have the sores, cut the adhesive around these areas if possible so they don't stick there but do everywhere else.
- Alternate turning the patch small side in toward nose, then next day large side toward nose if this keeps the adhesive from the area with the sores.
- To remove the patch, coat the outside of the patch with Vaseline or baby oil, Aquaphor or diaper ointment about 15 minutes before removing it to loosen the adhesive a bit.
- Upon removal apply a bit of Aquaphor to the red area to sooth the irritation.

If your child wears glasses, perhaps alternating a patch for the glasses or even the elastic band type of pirate patch – most doctors we work with suggest these as a second option as kids can peek around but it may be an option – check with you eye care provider.

The adhesive used on all our stick on patches is a 3M medical adhesive – it is latex free and tested as hypo-allergenic but since that area of the skin is so thin and sensitive it can still become irritated and the result may be Irritant Dermatitis, apparently quite common.

Having spoken with doctors about this and have been told that it can occur with some children and adults – after a while the body reacts to the “irritant” in this case the patch or will develop an allergy. Usually, changing patches will not make it “better” as the skin is reacting to having any adhesive touching it.