



Amblyopia & Strabismus - Using Cycloplegic Drops

The Following Information has been Prepared for You:

INSTRUCTIONS:

Patching is a form of vision therapy to help make a weak eye stronger. Sometimes, patching is best done with cycloplegic eyedrops.

Your doctor has prescribed a cycloplegic eyedrop to use every other day in the stronger eye only. This drop dilates the pupil and prohibits clear vision in that eye, thereby encouraging the body to use the weaker eye. Over time, this will make the weaker eye stronger, clearer, and will encourage the body to use both eyes at the same time. In turn, this may encourage better depth perception, reading speed and comprehension, sports performance, and visual accuracy and recovery in poor lighting or glare. It may encourage a deviated eye straighten up, but sometimes, muscle surgery is required for this. Should muscle surgery be required for a deviated eye, having the vision optimized in each eye beforehand helps ensure a successful surgical outcome.

While the eye is dilated, it will be light-sensitive, so it is important to protect it from sunlight and glare. Wear sunglasses when outdoors on the days your eye is dilated. Stay away from unshaded windows. Minimize the brightness of electronic screens or put them on "night mode" to remove the blue light.

If your child has been prescribed glasses, make sure they are kept in good repair, cleaned daily, and worn as directed. It is very important to provide ideal conditions for good vision during the dilated days. The room lighting should be bright, but not glaring or uncomfortable for him / her. If using a computer, consider buying a light bar to mount on the top of the screen to minimize eye strain.

Encourage him / her to do indoor activities that require focused visual attention, such as reading, writing, activity books, drawing, detailed crafts, board or card games, small electronic devices (excluding large screen TVs).

Teachers may need to allow exceptions for homework / tests on the days that the eye is dilated. Provide access to large print books and learning materials. Allow the child to sit in a position that enables them to clearly see the teacher and any learning materials that are used (smart board, dry erase board, etc.) Use high-contrast colors such as black-on-white.

EXPECTATIONS:

Unequal pupil size, and a small amount of redness or watering in the dilated eye.

It is common to have a small loss in depth perception (the ability to determine how far objects are from you in space). Therefore, your child should be reminded to walk, not run, especially when navigating stairways or unfamiliar territory. Avoid climbing ladders, playground equipment, gymnastics, sports or other activities which require balance, coordination and depth perception, etc.

The vision in the weak eye is blurry, so reading, texting, and physical activity may be slow and difficult at first. Large print books and computer font may be helpful at first. As the vision improves, move to smaller print to encourage further development.

Your child may be more prone to end-of day fatigue or headaches during treatment.

TREATMENT DURATION:

One drop of the cycloplegic drop will cause dilation in the affected eye for 24 hours. It is usually prescribed for use every other day, allowing a break between uses. This ensures the stronger eye will be used an equal amount of time.

Total treatment duration varies from one patient to another, but it is usually for a duration of 3 months to 1 year.

Important Follow-Up Care & Communication:

It is extremely important to follow up with your child's doctor at regular intervals.

Keep all teachers, coaches, therapists and care givers informed of the treatment instructions and expectations.

Be patient, but persistent. Treatment during the critical child development years will help prevent a life-time of vision loss. Reading, driving, machine operating, and many more job skills will be improved when full vision development is optimized during childhood. Future risk of significant vision impairment from eye injury or ocular disease is less likely when vision is optimized in each eye individually. So a little work now will be well worth it!

Please Rate the Information You Received

	☐ Very helpful - all questions are answered ☐ Somewhat helpful - I still have questions ☐ Not helpful – none of my questions were answered
Comments / Questions / Typos:	

Provider Contact Information

Family Eye Care & Pediatric Vision Center, PLLC
Melissa Holliman, OD
David Holliman, OD
Brandon Holliman, OD

1203 N. Eastman Rd
Kingsport, TN 37664
Phone: (423) 274-3321
Fax: (423) 247-3631
FamilyEyecareKingsport@gmail.com
Website: DrHolliman.com