



University
Hospitals Sussex
NHS Foundation Trust

Alternate day occlusion treatment for Intermittent Exotropia

Ophthalmology

Patient information

What is this information about?

This information is about the treatment that has been given to your child with the aim of improving their control of their Exotropia.

It explains why we have offered you the treatment and describes how to do the treatment.

Why have I been given this information?

You have been given this information because the treatment has been suggested by the Orthoptist to see if the control of the Intermittent Exotropia can be improved using alternate day patching.

What is an Intermittent Exotropia?

An Intermittent Exotropia is where some of the time the eyes are aligned and working as a pair and then the rest of the time one eye is turning out whilst the other eye is focusing on the target. This can vary by distance, for example, always aligned for near but turning out in the distance or it may be impacted by how tired your child is. You may also notice that one eye is often closed when in bright sunshine.

Why have I been offered alternate day occlusion?

Studies have shown that following a 6-month treatment period of alternate day occlusion the control of the Intermittent Exotropia improved. The improvement meant that in some cases the need for surgical intervention was no longer needed. In cases where surgery was still required, where the control had improved because of the treatment, this allowed the surgery to be delayed until the patients were older resulting in a better surgical outcome.

What is alternate day occlusion?

Alternate day occlusion is where you put a patch directly on the face over the eye and then each day which eye is covered is alternated. The patches will be supplied by the Orthoptic team.

The patch needs to be worn for 2 hours per day; this does not need to be in one continuous period. Your child will be reviewed by the Orthoptic team after 3 months and the total treatment period is 6 months.

What happens when the treatment is completed?

You will be reviewed by the Orthoptists who will assess the control of your child's Intermittent Exotropia and inform you if any further management is required. Your child will remain under review for at least 1 year following the treatment.

Where can I find more information and support?

St Richard's Hospital

01243 831499 uhsussex.orthopticsrh@nhs.net

Southlands

01273 446011 uhsussex.orthopticsld@nhs.net

Sussex Eye Hospital

01273 664872 uhsussex.orthopticsopd@nhs.net

Princess Royal Hospital

01444 441881 Ext. 68305
uhsussex.orthopticsopd@nhs.net

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