

Guide to Amblyopia Management

Problem Specific Tests:

- ✓ Crowded & Interaction Free VA
- ✓ Stereoacuity
- ✓ Worth 4 Dot
- ✓ Visuoscopy
- ✓ Accommodation
- ✓ Cover Test
- ✓ Refraction
- ✓ SLE

*Amblyopia is diagnosed based on exclusion.

Categorizing Amblyopia:

VA in worse eye is:

- Mild: 20/25 to <20/40
- Moderate: 20/40 to 20/100
- Severe: >20/100

Consider Spectacle Correction if:

(for amblyopia prevention)

- Anisomyopia is: > 2.00D
Anisohyperopia is: > 1.00D
Anisoastigmatism is: > 1.50D

Amblyopia Therapy:

1. SPECTACLE CORRECTION

- **Full Time glasses wear**
- After 4 months, if VA 20/20, continue with glasses.
- If >20/20, add occlusion therapy.

2. OCCLUSION THERAPY

i. Patch

Per Day

- Moderate Amblyopia 2 hrs
- Severe Amblyopia: 2-6 hrs

Total

- If < 8 yrs, 150-250 hrs
- If > 8 yrs, depends on VA in amblyopic eye, see graph.

ii. Atropine

- 1 gtt 1% Atropine Sulfate
- Two days/ week

iii. Near/Eye Hand Coordination Tasks

- 1 hour a day

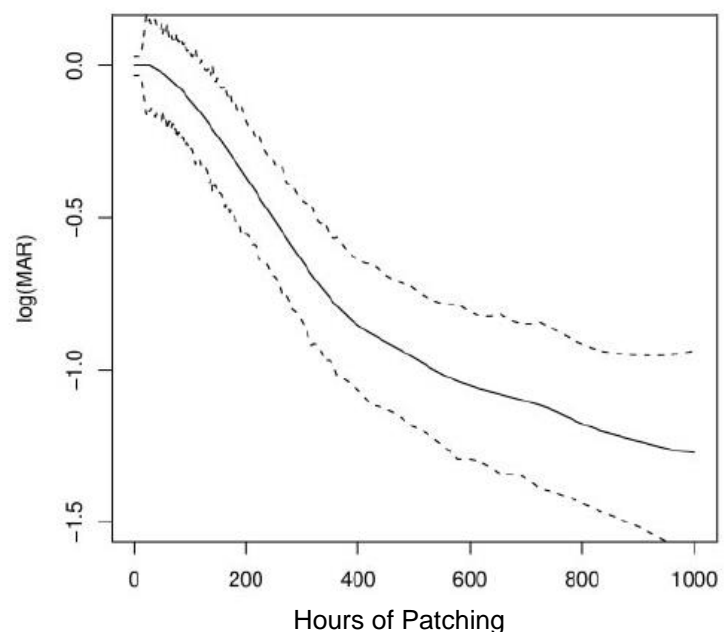
*When VA is stable, patching should be TAPERED.

Follow Up for Recurrence

- 3 months after occlusion therapy has ended

Important things to consider:

1. Amblyopia responds to treatment irrespective of age.
2. TAPER occlusion therapy.
3. ANTI-SUPPRESSION and BINOCULAR VISION VT for better long-term outcome.



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4.

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