

My child needs glasses

Patient information leaflet

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St Helens Hospital
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Telephone: 01744 26633

Southport Hospital
Town Lane, Kew, Southport,
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Ormskirk Hospital
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Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577111

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Why does my child need glasses?

Glasses may be prescribed for a number of reasons:

- To correct a refractive error (glasses prescription), without this the eye is unable to focus clearly and may struggle to develop a normal level of vision.
- To reduce/alter a squint.
- To relieve symptoms such as eyestrain or headaches caused by muscle imbalance.

How does the specialist know my child needs glasses?

When the pupil is enlarged with drops, the specialist has a good view inside the eye. By moving the line of light across the back of the eye it is possible to measure what strength of glasses are needed.

What are the different types of glasses prescription?

A refractive error means the shape of the eye does not bend the light into focus on the back of the eye. The image that is seen is blurred. This results in the need for a glasses prescription.

Hypermetropia/long sight - This occurs when the rays of light entering the eye are focused behind the retina. Objects at all distances appear blurred unless the eyes make an extra effort to focus. In some children this extra focusing effort may result in a squint.

Myopia/short sight - This occurs when the rays of light entering the eye are focused in front of the retina. Distant objects are blurred.

What about sports goggles/sunglasses?

Other than in exceptional cases (when there is a medical condition which makes the eyes extra sensitive to sunlight) the hospital is not able to provide vouchers for sunglasses. However you can purchase prescription sunglasses for your child if you wish.

Sports and swimming goggles are available to purchase from opticians or online. You should discuss this with the optician if this is something you feel your child would benefit from. They are not provided by the NHS.

What happens next?

The orthoptist will monitor the development of your child's vision. Sometimes further treatment is required if your child has a lazy eye.

Your child will see the optometrist approximately every 12 months for a review of their prescription. Under normal circumstance, your child's care will transfer to high street optometry at the age of 6-7 years.

Links

Additional information can be found at <https://www.nhs.uk/conditions/eye-tests-in-children/>

Further Information

If you need any further assistance, please contact the Orthoptic Services Department on:

Southport	01704 705 213.
Ormskirk	01695 656 690.
St Helens	01744 646 816.

How do I know if they fit?

The frame should be snug not tight. It should not leave red marks on the nose, face or behind the ears. The arms should not be too long and the frame should not slip down. Go back to the optician if you notice any of these problems.

Lost, broken or bent?

Replacements, repairs and adjustments are often required. These should be done by the optician who made the glasses. Repairs and replacements are usually free, but if you paid for branded frames, tinted or thinner lenses, there may be a charge.

Try to encourage your child to look after their glasses. They should try to:

- Use both hands to take the glasses off.
- Try not to put the glasses down on the lens surface.
- Keep the glasses in a case if not being worn.

The hospital does not issue spare, repair or replacement vouchers. Claims for repairs or replacements are allowed for 12 months.

Astigmatism - This occurs when the cornea (the front surface of the eye) curves more in one direction than the other.

The cornea can be described as being more like a rugby ball than a football. The vision is blurred for both near and distance objects.

It is often combined with long or short sight.

Anisometropia - This occurs when there is a difference in the refractive error of each eye. This results in blurred vision, especially in the eye with the greatest refractive error.

Longsight, short sight and astigmatism may be present in one eye only or both eyes.

The prescription required is not related to the size of print your child can see when the orthoptist tests their vision.

Will my child always need glasses?

This will depend on the child's age, the strength of the glasses, and other conditions present. Your orthoptist will be able to answer this question for you.

If refractive errors are not corrected, or compliance with the treatment is poor, then a permanent reduction in vision may occur.

Should my child wear glasses all day?

In most cases, yes. The glasses should be worn all day, every day. This is because there is a critical period for visual development. If the glasses are not needed full time, your orthoptist/optometrist will tell you.

My child claims to see better without their glasses or the glasses appear misty?

This is a common complaint in the early days of wearing glasses. When glasses are first worn, it can take a number of weeks to adapt to them. Initially, some children complain of blurred vision with the glasses on and can be seen to keep looking over the tops of the glasses. They may previously have been over focusing to try to compensate for the visual problem before wearing the glasses.

This process can take some time and initially the glasses may not appear to help very much.

Please persevere - this is a very important part of the treatment.

The glasses look very strong

The glasses prescription is individual to every child. If you do not wear glasses or your glasses are for a different condition, your child's glasses may look odd to you.

We prescribe the glasses that will help your child achieve the best possible vision.

Where do I get glasses?

Take your child and the NHS prescription voucher to a dispensing optician.

The optician will take measurements and help choose comfortable glasses that fit your child properly. There is no need for another eye test.

The form will cover the cost of one pair of glasses for your child. If you want a spare pair, you will have to purchase these at your own expense. This also applies to prescription sunglasses.

Opticians stock many different frames so visit a few before deciding.

Try someone close to home because you might need regular help with broken or lost glasses.

There are many NHS children's frames to choose from. There are optional extras available e.g. anti-glare coatings and thinning of lenses, but these are not essential and will incur an extra cost to you.