



Mersey and West Lancashire  
Teaching Hospitals  
NHS Trust

# **PARENT/GUARDIAN INFORMATION**

## **Glasses**

Orthoptic Department

This leaflet is designed to answer some of the general queries relating to glasses wear in childhood. The Orthoptist or Ophthalmologist will be happy to answer any further questions that you may have regarding your child's treatment.

## **THE CHILDREN'S EYE CARE TEAM**

An OPHTHALMOLOGIST is a doctor who specialises in eye disorders.

An ORTHOPTIST is specifically trained to assess children with vision problems, squint and "lazy eyes". The Orthoptist will be the person who will be most closely involved in your child's treatment.

An OPTOMETRIST (OPTICIAN) tests for and prescribes glasses, if required.

## **WHAT ARE LONG SIGHT, SHORT SIGHT AND ASTIGMATISM?**

**Long Sight** – is caused by the eye being too small so that the rays of light entering the eye focus behind the retina (back of the eye) instead of on the retina. Long sighted children may have reduced vision for both near and distance.

**Short Sight** – is caused by the eye being too large so that the rays of light entering the eye focus in front of the retina instead of on the retina. Short sightedness usually affects the distance vision more, but both near and distance vision may be reduced.

**Astigmatism** – is caused by irregular curvature, usually of the front of the eye, so that the rays of light cannot be

brought to a point focus on the retina and vision is reduced at all distances.

Long sight, short sight and astigmatism may be present in one eye only or in both eyes. If left untreated, the vision in one or both eyes will not develop properly.

## **TREATMENT**

### **Glasses**

Your child will have their eyes examined to ensure they are healthy and they will be tested for glasses. If glasses are prescribed, your child will usually need to wear them constantly in order for their eyesight to improve. Visual development takes place in the first 7 years of life, therefore, it is important that glasses are worn in these early years to achieve maximum visual benefit. (More information is available at [www.orthoptics.org.uk](http://www.orthoptics.org.uk)).

The high street Optician will repair and/or replace your child's glasses if broken or lost.

### **SHOULD MY CHILD WEAR GLASSES ALL DAY?**

In most cases, yes. If the glasses are not needed full time, you will be advised of this by the health professionals. Some schools require children to take off their glasses at playtimes and for PE lessons for safety reasons. We always provide plastic lenses, therefore, this is not really necessary, but if the school is insistent, please stress the importance of your child wearing them for the rest of the day.

## **WHY DOES MY CHILD CLAIM TO SEE BETTER WITHOUT THE 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 prior to wearing the glasses. It can take time to relax into the glasses, therefore please persevere as this is a very important part of the treatment.

## **THE GLASSES LOOK VERY STRONG?**

The glasses prescription is individual to every child. You cannot expect to see well through anyone else's glasses other than your own. We prescribe the glasses that will help your child achieve the best possible vision.

## **SPECTACLE VOUCHER INFORMATION**

You have been given a hospital prescription for your child's glasses. Take this to any high street Optometrist/Optician. They will retain the white copy and you retain the pink copy.

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.

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

The hospital prescription is valid for 12 months and if the glasses are broken or lost during that time, please return to the Optometrist/Optician who provided them as they will repair or replace as necessary.

While under the care of the hospital eye service, your child will have a repeat glasses test undertaken annually by the hospital.

**During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.**

## **MATRON**

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

## **INFECTION CONTROL REQUEST**

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

## **SPECIAL INSTRUCTIONS**

Your child should wear the glasses as advised by the health care professional.

## **ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:**

If there are any problems regarding the wearing of the glasses, please contact the Orthoptist on 01704 705213 or 01695 656690.

## **CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION**

The Orthoptist – 010704 705213/01695 656690  
Your own GP –

## **OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:**

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

We would welcome your feedback about your experience  
at Southport and Ormskirk Hospital NHS Trust.  
Please access the Friends and Family Test at the following  
link:

[https://www.southportandormskirk.nhs.uk/patients-and-  
visitors/fft/](https://www.southportandormskirk.nhs.uk/patients-and-visitors/fft/)

**Thank you**

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