

Wearing glasses

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

How does the specialist know my child needs glasses?

At the eye clinic, your child's pupils might be enlarged with eyedrops to allow a good view of the back of the eye. By moving a light across the back of the eye, the specialist is able to assess the strength of glasses needed.

Will my child always need glasses?

This depends on several factors: the age of the child, whether the glasses are needed as part of treatment for a squint and/or lazy eye, and the strength of the glasses. Your orthoptist will be able to give you more information.

Should my child wear glasses all day?

In the majority of cases the answer is 'yes'. Some schools ask children to remove their glasses at playtime or for PE, but this is not really necessary.

Your orthoptist will be able to tell you if your child does not need to wear their glasses full time.

My child says they can see better without their glasses

This is a common complaint in the early days of wearing glasses. The brain and the eyes have to learn to work together with the glasses, which can take time. It is a very important stage in the treatment so please persevere.

The glasses look very strong

The glasses prescribed are specific to your child's eyes. If you have glasses for a different condition or do not wear glasses, they will look odd to you. The glasses will be the correct strength to help your child achieve the best possible vision.

What are long sight, short sight and astigmatism?

Long sight is caused by the eye being too small – rays of light entering the eye focus behind the retina instead of on the retina. Long-sighted children might have reduced near and distance vision.

Short sight is caused by the eye being too large – rays of light entering the eye focus in front of the retina instead of on the retina. Short-sighted children have reduced vision for near and distance, but it tends to affect distance vision more.

Astigmatism – In addition to being long- or short-sighted, your child's eyes may also be an irregular shape, which affects vision at all distances.

Further information

If there is anything further you would like to know, please contact the Orthoptic Department on 01271 322469.

Useful website:

British and Irish Orthoptic Society
www.orthoptics.org.uk

Squint Clinic
www.squintclinic.com

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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