Ophthalmology Department

Glasses

Glasses may need to be prescribed at any stage during childhood. This may

- Help a child's visual development.
- May help with the management of children with squints (an inward or outward turn of the eye).
- Help a child's vision improve in one or both eyes.

Type of glasses

Long sight (hypermetropia, hyperopia) – This occurs when the eyeball is shorter than the average length, so that the images focus behind the retina (a light sensitive area which sends images to the brain). It can be hereditary and often presents in early childhood. People with long sight may see well for distance vision but tend to have increased difficulty at near. A small amount of long sight is normal in childhood but more than average can lead to a squint.

Short sight (myopia) – This occurs when the eyeball is longer than the average length so images focus in front of the retina. People with short sight have difficulty seeing in the distance but tend to have good near vision. It can also be hereditary but tends to develop late in childhood or in teenage years.

Astigmatism – the front part of the eye known as the cornea tends to be unequally curved and results in blurred vision. It may be possible that you have astigmatism along with long or short sight.

compassionate care

What happens next?

When your child has been prescribed glasses by the hospital you will be given an NHS voucher towards the cost of their glasses and informed how frequently they should be worn (in most instances full-time). The voucher can be taken to any Optician who will help you choose appropriate frames and lenses and advise on which glasses are covered by the voucher and whether addtional payment is required.

You will also be given an appointment with the Orthoptist for about 3-4 months time to allow the brain to adapt to the glasses prescribed.

Glasses must be brought to all appointments
Your child will be monitored in the Orthoptic clinic to assess the progress of your child's visual development.
If your child is without glasses at the time of your appointment please rearrange the appointment for when the glasses are available.

Important -

Hints and tips for better compliance

It is not always easy to persuade your child to wear their glasses. Perseverance is the key!

- Try a reward scheme or praise for good compliance.
- Get into a routine of putting glasses on when getting ready in the morning.
- If you go on holiday glasses should be worn as much as possible.
- Encourage your child not to peep over the top.
- Choose appropriate style glasses – large frames, curly ears, sport band to help keep then on.

Additional Information

The NHS allows children one pair of glasses per sight test. If you wish your child to have a spare pair you may purchase these from your Optician.
The Orthoptist can advise when a further glasses test is necessary.

If your glasses need replacing or repairing please visit your Optician.

If you have any questions about your child's eye please contact:

Orthoptic Department
Acre Mills Outpatient Department Direct Line 01484 343237

If you need to cancel or change your appointment please contact: The Appointments Centre on 01484 355370

If you have any comments about this leaflet or the service you have received you can contact :

Service Lead Orthoptics and Optometry

Optometry Department
Acre Mills Outpatient Department HUDDERSFIELD
Telephone (01484) 343237

Calderdale Royal Hospital HALIFAX
Telephone (01422) 222218

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"