



FOR FURTHER INFORMATION

Please ask your orthoptist at your next appointment if you have any further questions to ask; they will be happy to help!

Hertfordshire Community 
NHS Trust

Intermittent Exotropia

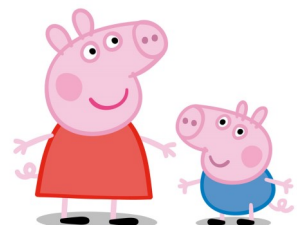


CHILDREN'S EYE SERVICE

St Albans Children's Centre
Church Crescent
St Albans
AL3 5JB

Marlowes Health and Wellbeing Centre
39—41 The Marlowes
Hemel Hempstead
HPI 1LD

Tel: 01923 470680 option 2

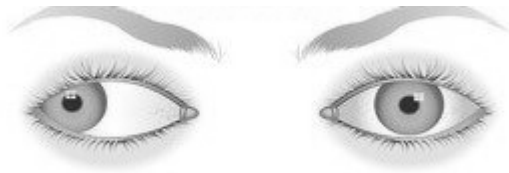


Intermittent Exotropia

What is an intermittent exotropia?



It is a type of squint where an eye drifts outwards sometimes. Commonly, it occurs mainly when looking into the distance. It can be noticed more when the child is ill, tired or stressed or in bright sunlight. It is good that the squint is intermittent because the visual system can still develop normally when the eyes are straight.



What are the symptoms?

- One or both eyes turning outwards (away from nose)
- Frequent rubbing of the eyes
- Squinting or closing one eye when looking at bright lights or objects in the distance.

What are the treatment options?

- Monitor

If the patient has good vision in either eye and good control at near then monitoring the squint is a management option.

There have been studies to show spontaneous recovery for this type of squint.

- Glasses

It is important to keep an up-to-date prescription to help control the squint. Minus lenses (short-sighted) prescriptions induce accommodation which helps bring the eyes inwards to look more straight.

- Minus lens therapy

Additional minus lenses can be prescribed to act as “exercising glasses” to improve control of the squint.

- Surgery

Surgical correction is an option for squints that have reduced control, reduced stereo vision or large angle for near and distance.

Further information

- Intermittent exotropia often gets harder to control in bright light because it dissociates the eyes.

