



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

Wearing glasses

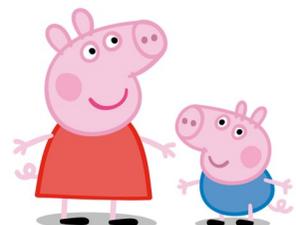


CHILDREN'S EYE SERVICE

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

Marlowes Health and Wellbeing Centre
39—41 The Marlowes
Hemel Hempstead
HP1 1LD

Tel: 01923 470680 option 2



Wearing glasses

How does the specialist know my child needs glasses?



When the pupil is enlarged with drops, the optometrist has a good view of the back of the eye and can assess what glasses are required accurately. By moving a line of light across the back of the eye, it is possible to measure what strength of glasses are needed.

Will my child always need to wear glasses?

This is difficult to predict and will depend on: the age of the child, the strength of the prescription and whether they require them as part of treatment for a squint or lazy eye (amblyopia). The prescription should be checked once a year.

Should my child wear glasses all day?

In most cases, yes. Your orthoptist or optometrist will let you know if the glasses are not needed full time.

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

This is a very common complaint in the early days of wearing glasses. Your child has been struggling with reduced vision for some time, and now the brain and eyes have to learn to work together with the help of glasses. This can take some time initially.

Please persevere to wear the glasses as much as possible because this is a very important stage of treatment.



The glasses look very strong

If you do not wear glasses or your glasses are for a different condition, your child's glasses will look odd to you. We prescribe the glasses that will help your child to achieve the best possible vision.



What are long sight, short sight and astigmatism?



- Long sight (hypermetropia)

This is caused by the eye being too short so that the rays of light entering the eye focus behind the retina, instead of focussing on it. This can cause reduced vision for near and distance; however near vision will be most affected.

- Short sight (myopia)

This is caused by the eye being too long, so that the rays of light entering the eye focus in front of the retina, instead of focussing on it. This can cause reduced vision for near and distance; however distance vision will be most affected.

- Astigmatism

In addition to being long or short sighted, your child's eyes may be an irregular shape. The eye is more like a rugby ball shape compared to a football shape and this distorts their vision.