

**Patient information
Wearing Glasses**

How does the Doctor or Optician know my child needs glasses?

The Doctor/Optician can see the back of the eye once prescribed eye drops have enlarged the pupil. Moving a line of light with a torch like instrument in front of the eye enables the Doctor/Optician to judge what strength of glasses is needed. This test is called “a refraction” and is usually done once a year.

Will my child always need to wear glasses?

This will depend on the age of the child, the strength of the glasses and on whether they are also required as part of the treatment of squint or lazy eye. The use of glasses may change as your child gets older and this will be monitored by the Orthoptist.

Should my child wear glasses all day?

Yes in most cases. If the glasses are not needed full time, your Orthoptist will tell you. Some schools require children to remove glasses during activities for the child’s safety; however this is not always advisable. If your child has poor vision without wearing glasses, it may be better that the glasses are left on (the Orthoptist will give you advice on this.) Some young children need lots of encouragement to wear their glasses full-time and you may need time to build up the time gradually.

My child claims to see better without glasses

This is quite a common complaint in the early days of wearing glasses. Initially the glasses may not help the child very much as it can take time to gain the full benefit from the glasses. Please keep trying - this is a very important stage of the treatment, but contact the Orthoptist if you have any concerns.

The glasses look very strong!

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

Will my child become dependent on glasses?

No. Glasses do not weaken the eyes in any way. Your child may be reluctant to be without their glasses because they can see so much better with them on.

What is long sight, short sight and astigmatism?

Long sight- (Hypermetropia) is caused by the eye being too short, 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 near and distance.

Short sight- (Myopia) 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 on the retina. Short sighted children may have reduced vision for near but tends to affect distance vision more.

Astigmatism- in addition to being long or short sighted, your child’s eyes may be an irregular shape and as a result of this the vision is affected at all distances.

How do I find out about my child’s eyesight?

Ask any of the eye care professionals involved with your child’s treatment and they will be able to answer any specific questions you may have.

Contact Information

For more information please contact the:

Orthoptic Department,
Main building,
UHNM,
Newcastle Road,
Stoke-on-Trent
ST4 6QG
Telephone: 01782 674333

We are a teaching hospital with students being taught here. We will ask if you mind them observing your consultation. If you do not wish them to be present, your treatment will not be affected in any way.

Further Information

The Patient Advice and Liaison Service would be pleased to offer confidential advice and support if you have any concerns. PALS can be contacted on 01782 676455 or Email patient.advice@uhns.nhs.uk

