

## What is long sight/short sight/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 Details

### Eye Unit

Tel: 01782 676001

Orthoptic Department

option 5

Emergency Eye Department

option 1

## Eye Condition Patient Information Leaflet

# Wearing Glasses



Please speak to a member of staff if you need this leaflet in large print, braille, audio or another language

## Introduction

This leaflet provides you with information on wearing glasses.

It is not meant to replace the discussion between you and your Doctor/Healthcare Professional but may act as a starting point for discussion.

If after reading it you have any concerns or require further explanation, please discuss this with a member of the Healthcare Team who has been caring for you.

## How does the Doctor/Optician know that my child needs glasses?

Eye drops are prescribed to enlarge the pupil which helps the doctor/optician to be able to see the back of the eye using a test called 'a refraction'. This is usually done once a year.

This involves moving a line of light with a torch like instrument in front of the eye which helps the doctor/optician to judge what strength of glasses are needed.

## Will my child always need to wear glasses?

The use of glasses may change as your child gets older and this will be monitored by the orthoptist.

It will depend on:

- The age of the child.
- The strength of the glasses.
- If they are also required as part of the treatment of squint or lazy eye.

## 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. It is not advisable if your child has poor vision without wearing glasses so 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.
- Glasses are prescribed to help your child achieve the best possible vision

## What if 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 for their eyes to adapt to the glasses.

This is a very important stage of the treatment so **please keep trying**. Contact the orthoptist if you have any concerns.

## 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.