



**Bedfordshire
Community
Health Services**



Intermittent Exotropia: Intermittent Divergent Squint

Bedfordshire Children's Eye Services



Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust

What is Intermittent Exotropia?

Your child has been diagnosed with Intermittent Exotropia (Divergent Squint). This is a common type of squint that usually develops in the pre-school age group. A squint, sometimes called Strabismus, is a condition in which the eyes are misaligned (one eye looks straight and the other eye looks outwards).

The eyes of children with Intermittent Exotropia often appear straight (working together), especially when reading or looking at something close up. However, one eye tends to drift out when the child is looking into the distance or when they are tired or daydreaming or in bright sunlight.

What happens next?

Your child will need to be tested by the Ophthalmologist to see if glasses are required and to check that the eyes are healthy.

What treatment is needed?

In some cases, the squint will be controlled well by your child, so no treatment is necessary and the Orthoptist will simply monitor your child. Regular checks will allow the Orthoptist to measure the Exotropia, assess your child's eye control and how well your child sees with each eye.

The Orthoptist may recommend eye exercises to improve the control of your child's eyes. Sometimes glasses are advised if your child is short sighted as the lenses can improve the control of the Exotropia.

In some cases, but not all, surgery on the muscles that move the eye (extraocular muscles) is recommended to straighten the eye position and therefore improve the control of the Exotropia. Eye exercises may be necessary after the surgery.

Sometimes surgery to straighten the eyes, if necessary, is not carried out until the child is 6 – 7 years of age.

Symptoms that your child may notice if their eyes are changing:

- headaches;
- blurry vision;
- double vision.

You may notice your child closing one eye, especially in bright sunlight.

If you are concerned that your child's eyes are getting worse, please contact the Orthoptist at the appropriate clinic.

Your Orthoptist and Ophthalmologist will discuss the most appropriate treatment for your child and will answer your questions.

If you have any questions regarding the treatment of your child's eye condition please discuss them with the Orthoptist.

Additional information which you may find useful can be found here: www.squintclinic.com

For further information about this service contact:

Community Eye Service

Enhanced Service Centre
Bedford Health Village
3 Kimbolton Road
Bedford, MK40 2NT

Community Eye Service

Liverpool Road Health Centre
9 Mersey Place
Liverpool Road
Luton, LU1 1HH



Children's Community
Health HUB

**Your one stop
contact point**



Tel: 0300 555 0606
Email: ccs.bedsandlutonchildrenshealthhub@nhs.net

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

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