

Glasses: A Guide for Parents

Bedfordshire Children's Eye Services



For further information about this service contact:

Community Eye Service

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

Tel: 01234 897445 (Eye Service Administrator)

Community Eye Service

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

Tel: 01582 708155

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.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit www.cambscommunityservices.nhs.uk and follow the links or please contact us.

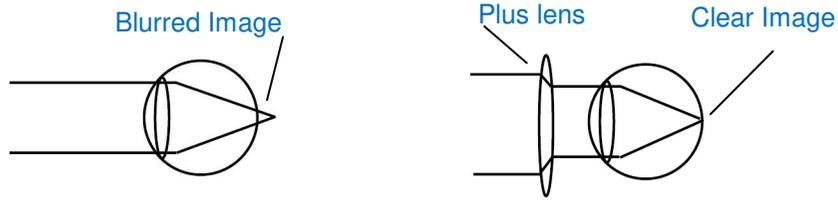


If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.

Longsight (Hypermetropia)

Reason: The eyeball is too small so the image is focused behind the eye (retina). The vision is more blurred near than in the distance.

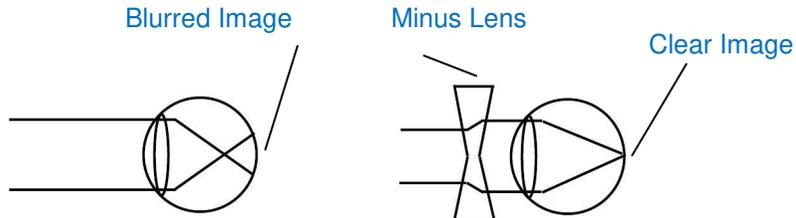


Longsight is corrected with a Convex Lens or plus lens. This lens brings the image forward into focus on the retina.

The effort to focus to overcome longsight in children can produce a convergent squint. When longsight is corrected the effort to focus is reduced. This often improves the appearance of the squint.

Shortsight (Myopia)

Reason: The eyeball is too big so the image is focused in front of the retina. The distance vision is more blurred than near.

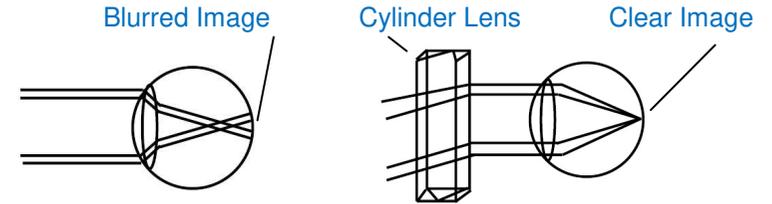


Shortsight is corrected with a Concave Lens or Minus Lens. This lens takes the image backwards into focus on the retina.

Shortsight can occur at any age but most commonly during the teenage years when growing rapidly. Teenagers often notice they cannot see the blackboard clearly. Shortsight usually increases gradually until 18-21 years of age.

Astigmatism

Reason: The eyeball is rugby ball shaped so the image is focused in two different places one of which can be at the back of the eye (retina).



This makes some part of the picture more blurred than others.

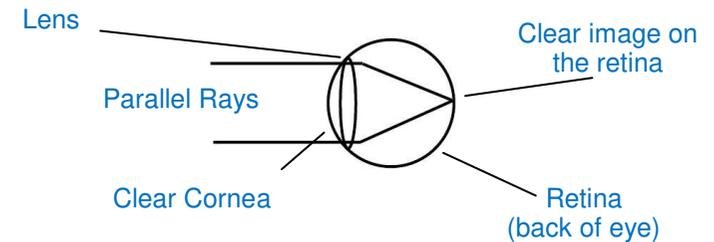
Astigmatism is corrected with a Cylinder Lens (it can be a plus or minus lens). It often goes with long or short sight. This lens makes the image on the retina clear all around.

Astigmatism is corrected with lenses set at a particular angle so it is vital the glasses fit properly.

If the frames are twisted the vision may be reduced which will hinder treatment of a lazy eye. The lens of the eye is flexible, it tenses to see clearly for near and relaxes to see clearly in the distance.

Your child should wear his/her glasses all the time unless specifically told otherwise by the Ophthalmologist or Orthoptist.

Normal Eye (Emmetropia)



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