



**Community Eye Service**

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## Glasses for Children: A Helpful Guide for Parents

## Bedfordshire Children's Eye Services

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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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](mailto:ccs-tr.pals@nhs.net).

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



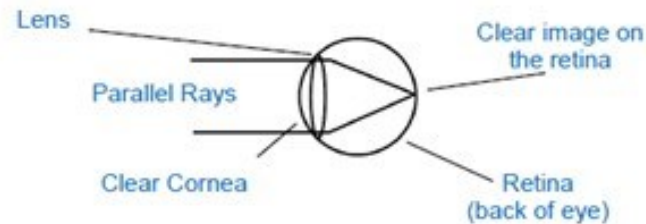


Following from a glasses test (refraction assessment) you will be given a prescription of glasses for you to take to the high street Optician to get a pair of glasses made.

### What does the glasses prescription mean?

To understand the different types of glasses prescription your child may have please see our diagrams below:

#### Normal Eye (Emmetropia)



#### 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.



### What if the glasses are lost?

If the glasses do get damaged, contact your optician who will generally be able to get them repaired using an NHS repair voucher. IN some cases, another voucher may be required. To obtain a replacement voucher, telephone the Eye Clinic so one can be posted to you.

### Hidden Extras

Beware of paying extra for:

Scratch resistant coating the lenses will only resist minor scratches  
Anti reflective coatings of benefit mainly to very short-sighted people  
Insurance read the policy carefully to check what is covered

### ALWAYS BRING THE GLASSES WITH YOU WHEN YOU COME TO THE CLINIC

If you have any other queries regarding the treatment of your child's eyes, please discuss these with the Orthoptist.

## How do I get the glasses?

An Optometrist has examined your child's eyes and recommended that they should wear glasses. In order to get the glasses made up, the prescription form needs to be taken to any registered optician or optometrist. It is not generally necessary to make an appointment to see the optician as the form includes details of the type and strength of the lenses your child needs. Your child will need to be measured for the frames and is more likely to want to wear glasses that he/she has helped to choose.

## How much will they cost?

In addition to being a prescription, the form acts as a voucher forwards the cost of the glasses. It is possible to get glasses that are covered by the voucher you will not have to pay anything towards them.

The exact value of the voucher will depend on the strength of the lenses. It is often worth visiting more than one optician before making a decision as they may have different ranges of frames to choose from. You may decide to add some money to the voucher to get some expensive frames but you do NOT have to do this. It is not generally advisable to spend a lot of money on glasses for children, as they may grow out of them quite quickly.

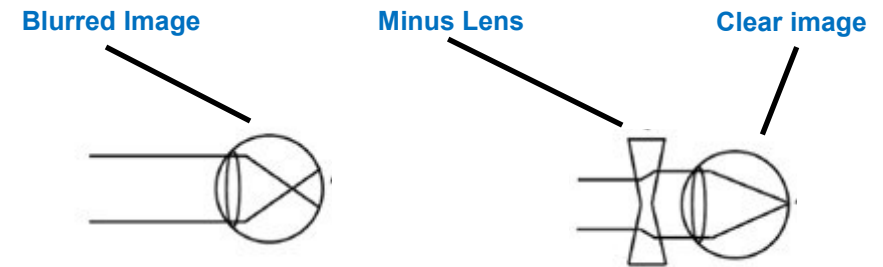
No matter how careful your child is, accidents happen and the glasses are likely to need repair or replacement at some stage. If possible, use an optician who you can return to easily. If your child's lenses are quite strong, you may decide to pay to have thinner lenses. The voucher does not cover tinted lenses.

## How often should they be worn?

Once your child has their glasses, they should be worn all the time, unless we advise you differently. It is best to inform the school about this. Your child should be able to play/participate in PE lessons safely in their glasses but ensure they fit properly. Remove only for rough play/sports and make sure the glasses are put back on as soon as possible. The lenses can be scratched quite easily, so they should be put back in the case when they are taken off.

## 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.

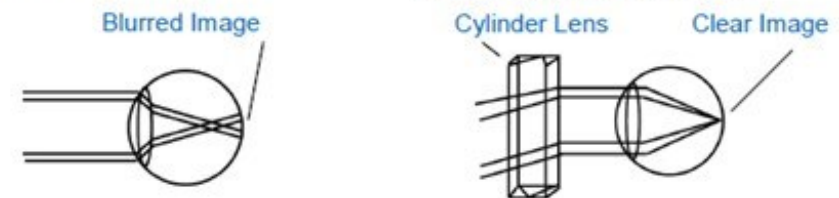


**Shortsight is corrected with a Concave Lens or Minus Lens. The Lens take the image backwards into focus on the retina.**

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 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 that 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.