

YOUR CHILD'S GLASSES

Patient Information Leaflet

If your child is found to have reduced vision or has a squint then he or she will be referred to the community optometrist for a glasses test and to check on the health of the eyes.

How does the specialist know my child needs glasses?

At the eye clinic, your child might need eye drops to enlarge the pupils (central black part of the eyes) to allow a good view of the back of the eye. By moving a special torch that shines a line of light across the back of the eye, the specialist is able to assess the strength of the glasses needed. The glasses prescribed are specific to your child's eyes and they will be the correct strength to help your child achieve the best possible vision.

Should my child wear the glasses all day?

In the majority of cases the answer is 'yes' as this allows your child to get the maximum benefit from them. The orthoptist will let you know if your child can leave their glasses off at certain times.

Will my child always need to wear glasses?

This will very much depend on your child, their age and strength of their glasses and whether the glasses are required as part of the treatment for a squint. Every child is different. As children grow, their eyes change and we will check your child's need for glasses regularly.

Helping your child to get used to the glasses

Glasses may feel strange at first.

Check that the frame fits properly and it is comfortable on their ears and nose.

Often children say they can see better without the glasses.

This is a common complaint in the early days of wearing glasses. The brain and eyes have to learn to work together with the glasses and it can take a few weeks to adapt so please persevere. Schools and nurseries can be a great help in encouraging your child to wear the glasses.

What is long sight/short sight/astigmatism?

- **Long sight** – Is caused by the eye being too small – rays of light entering the eye focus behind the retina instead of on the retina. Long-sighted children might have reduced near and distance vision.
- **Short sight** – Is caused by the eye being too large – rays of light entering the eye focus in front of the retina instead of on the retina. Short-sighted children have reduced vision for near and distance, but it tends to affect distance vision more.

- **Astigmatism** – In addition to being long or short sighted, your child's eye may also be an irregular shape often described as "rugby ball" shaped. This affects vision at all distances.

The Glasses Voucher

If your child needs glasses then you will be given a voucher which entitles the wearer to a financial contribution towards a pair of glasses. The voucher value depends on the strength of the lenses prescribed and certain conditions of the eye.

At the Optician

It is important that children's glasses are fitted correctly and this should be done by a qualified Optician (Optometrist) or Dispensing Optician. The voucher can be presented to an Optician of your choice. Certain ranges of frames are fully covered by the voucher and no extra payment is required. However, if you choose a frame outside this range you will be expected to pay the extra cost. The Optician will inform you how much this will cost before you order the glasses. You may also be liable to pay for any repairs if you choose to pay extra for the glasses but repairs are free if glasses are chosen within the voucher price. The Optician will advise you on which frames will give the most comfortable fit and are most suitable for your child's age, facial characteristics and strength of lens.

Repair or replacement of lost glasses

The voucher is valid for 12 months. If your child loses or breaks the glasses within this time the Optician who dispensed the glasses will repair or replace them. You should encourage your child to take good care of their glasses.

Appointment Attendance Policy

We are striving to reduce the number of missed appointments, it is vital to your child's treatment that all appointments are attended. Each missed appointment costs the NHS. If you are unable to attend your appointment please contact us in advance so that the appointment time can be offered to another patient. Failure to attend will result in your child being discharged, your GP and referrer will be informed.

Treatment

All treatment plans will be discussed with the patient, parent, guardian and we will always seek verbal consent prior to commencing any treatment.

Contact us

If you have any concerns regarding your treatment or require any further information then please contact us at

Orthoptic Department
Tameside Hospital
Clinic 9 Yellow suite
Hartshead Building
Fountain Street
Ashton-u-Lyne
OL6 9RW

Telephone 0161 922 5214

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332.

آپانی یف ای تہا پڈتے با برباتے نا پارےن، تہلے انڈرہہ کرے ا تہنیک ہلث ٹیمےر ساٹھ ٹیلیفونے
یوگا یوگ کرن 0161 331 5149/5150 ای ناسارے، تہن تارا آپناکے ساہیا کرتے پارے۔

آپو آپا آ ماٹھنی وائی ڈ راسو ہاڈو ٹاٹھ تو ہڑا ہڑی، آتھنی ڈ ٹلے ٹیماٹو
0161 331 5149/5150 ٹاڈر ہر ہاڈو ہاڈو ٹاٹھ آپاٹو ہڑر مڈ ہڑو۔

اگر یہ معلومات پڑھ نہیں سکتے ہیں یا آپ کو اس کی سمجھ نہیں آتی ہے تو براہ مہربانی ہتھنک ہیلٹھ ٹیم کے ساتھ ٹیلی فون نمبر
0161 331 5149/5150 پر رابطہ کریں تو وہ آپ کی مدد کر سکیں گے۔

A free interpreting Service is available if you need help with this information. Please telephone the Lips service on 0161 922 5149 E--mail: tam-pct.LIPS@nhs.net	English
هناك خدمة مجانية للمترجمين متوفرة اذا أردت مساعدة بخصوص هذه المعلومات. الرجاء الاتصال بخدمة لبيس أو LIPS على الرقم 0161 922 5149 أو عن طريق الايميل tam-pct.LIPS@nhs.net	Arabic
এই তথ্য বুঝতে সাহায্যের প্রয়োজন হলে বিনামূল্যে দোভাষী বা ইন্টারপ্রিটার সার্ভিস রয়েছে আপনাকে সাহায্য করার জন্য। দয়া করে লিপস সার্ভিসকে টেলিফোন করুন 0161 922 5149 এই নম্বরে অথবা ই-মেইল করুন: tam-pct.LIPS@nhs.net এই ঠিকানায়া	Bengali
如果你需要幫助來瞭解這份資料的內容，我們可以提供免費的翻譯服務。請致電 0161 922 5149 聯絡語言翻譯及病人支持服務(LIPS)，電子郵件： tam-pct.LIPS@nhs.net	Chinese
اگر برای فهمیدن این اطلاعات به کمک احتیاج دارید می توانید از خدمات ترجمه بصورت مجانی استفاده کنید. لطفاً با LIPS از طریق شماره تلفن 0161 922 5149 یا ایمیل tam-pct.LIPS@nhs.net تماس بگیرید.	Farsi
Bezpłatny Serwis Tłumaczeniowy jest dostępny, jeśli potrzebujesz pomocy z tą informacją. Proszę zadzwoń do Serwisu LIPS na 0161 922 5149, e-mail: tam-pct.LIPS@nhs.net	Polish
اگر آپ کو یہ معلومات سمجھنے میں مدد کی ضرورت ہو تو مترجم کی مفت سروس موجود ہے۔ براہ کرم ایل آئی پی ایس LIPS کو 0161 922 5149 پر فون کریں۔ ای میل: tam-pct.LIPS@nhs.net	Urdu

Our smoke free policy

Smoking is not allowed anywhere on our sites. Please read our leaflet 'Policy on Smoke Free NHS Premises' to find out more.

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Department

Orthoptics

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Tameside and Glossop