

Glasses for children

Ophthalmology Department

Information for Parents

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Why does my child need to wear glasses?

Some children need glasses to correct long-sightedness (hypermetropia), short-sightedness (myopia) or an uneven curvature of the front of the eye (astigmatism). They need this so that their eyes and the visual system in their brain can develop normally.

Often the need for glasses runs in families, but this is not always the case. There is nothing that can be done to reduce long-sightedness, short-sightedness or astigmatism in children. Glasses correct the vision only whilst your child is wearing them, they are **not** a cure.

When should the glasses be worn?

Your child should wear their glasses all day unless your eye specialist gives you different instructions. Your child's school may ask them not to wear their glasses for PE or at playtime, please ask your eye specialist for advice about this.

Will my child always need to wear glasses?

The need for glasses is unlikely to go away completely, but your child may not always need to wear them all day, every day. This depends on the type and strength of glasses they have. Your eye specialist will be able to advise you about this.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What does the prescription mean?

After your child has been tested for glasses we will give you a prescription. This has information about how long or short-sighted your child is so that the glasses can be made up correctly. The strength of lenses your child needs will probably change over time. This does not always mean that their eyes have got better or worse. Your eye specialist will decide when a new sight test is needed.

What do I do with the prescription?

- The prescription includes a voucher. The value of the voucher can vary, but the optician will be able to tell you how much it is. You can take it to any optician to get the glasses made up. The range and price of glasses varies between opticians, so it is worth shopping around.
- If you would like advice about speciality frames please ask your eye specialist (orthoptist) at your hospital appointment.
- You should be able to get a complete pair of glasses with the voucher. Some frames are much more expensive than others and if you choose expensive ones you will have to pay some money towards the price of the glasses.
- It is important that your child's glasses fit as well as possible. The optician should help you choose a frame that fits, and adjust it for your child.
- If your child's glasses need repairing or adjusting you will need to go back to the optician where you bought the glasses, so do not choose one that is too far away.

Do I need to go to the optician to have my child re-tested?

Whilst your child is under the care of the hospital eye clinic please do not have the tests done at your own optician unless hospital staff ask you to do this. Your eye specialist will arrange for more sight tests to be done at the hospital when needed. This will usually be about once a year, and a prescription and voucher will be given to you if needed.

What if my child will not wear the glasses?

It often takes some time to get used to new glasses and in some cases the glasses may even make the vision worse to begin with. It is important that your child keeps wearing them at this stage.

Getting your child to wear glasses can often be difficult. If you find this is the case, please just keep trying, and stay calm. Your eye specialist may also be able to offer some helpful suggestions.

Important information

Always bring your child's glasses to every appointment at the eye clinic. If you cannot bring them, please call us **before** your appointment to ask if you should still come.

Please let us know if you cannot come to your appointment. If you do not attend an appointment Trust policy states that you should be discharged.

Contact details

Orthoptic Department, Leicester Royal Infirmary

0116 258 5277

More information

For more information about glasses for children, or to find out more about what an orthoptist does, please have a look at the British and Irish Orthoptic society website: www.orthoptics.org.uk

If you have any other questions about your child's eye condition, or about glasses, please ask your eye specialist when you visit the hospital.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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