

Glasses, vouchers and prescriptions

Orthoptic department

If you have any concerns about your child's treatment or need to change an appointment, please call 01935 384 239 and ask to speak to the orthoptist

If you need this leaflet in another format, eg. large print or a different language, please ask a member of staff.

Yeovil District Hospital
NHS Foundation Trust
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Your child's treatment plan

Spectacles for	<input type="checkbox"/> Longsightedness
	<input type="checkbox"/> Shortsightedness
	<input type="checkbox"/> Astigmatism
To be worn	<input type="checkbox"/> At all times
	<input type="checkbox"/> For _____
Patch to be worn on	<input type="checkbox"/> Right eye
	<input type="checkbox"/> Left eye
To be worn _____ hours a day	
Next appointment in _____	
Notes:	

Some people involved in your child's eye care

Orthoptist - a hospital specialist in the study of eye movements and vision development who is trained to detect and treat squints, lazy eyes and double vision.

Ophthalmologist - a doctor who is a specialist in the treatment of eye disorders and may also test to see whether glasses are needed

Optometrist - sometimes called an Ophthalmic Optician. Someone who tests people's sight and eye health, either based in a high-street opticians or in a hospital setting

Dispensing Optician - someone who supplies and fits glasses, generally based in a high-street opticians

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Healthcare

How do you test young children for glasses?

An optometrist or ophthalmologist tests whether glasses are needed by using eye drops which temporarily stop the flexible lens in the eye from focusing. This is to ensure that the result is not affected by your child changing where they focus during the test. A special light and lenses are used to help the specialist determine the glasses prescription.

The eye drops also make the pupil larger, helping the specialist see that the inside of the eyes are healthy.

Will my child always need glasses?

This depends on many different factors such as the type of prescription, and whether they are correcting a squint or lazy eye.

Children's eyes change throughout their lives thus the prescription is also likely to change, however it is often difficult to answer this question in the early stages of treatment.

Your orthoptist will advise you throughout the process.

When should the glasses be worn?

Unless advised otherwise, glasses should be worn all the time, apart from hazardous activities. It is essential that your child's teacher or key worker is aware of the importance of them wearing glasses as they can only help when they are being worn.

Do I have to pay for glasses?

The specialist who tests your child for glasses will give you an optical voucher to take to a dispensing optician. This entitles you to a fixed sum of money towards a pair of glasses which depends on the strength of the prescription.

Most practices have a range of glasses completely covered by the cost of the voucher however you may need to make a contribution for 'designer' frames or treatments such as thinner lenses

What if the glasses get bent or broken?

If your child's glasses need to be repaired then you should return to the optician practice that supplied them. They should be able to make repairs at no cost, unless you had to pay for the frame in the first place, in which case you may have to make a contribution.

My child says their eyes feel funny with their glasses

In the early stages your child may take time to adapt to the glasses as they may have been over-working their eyes for some time. Please try to persevere as this is a very important part of your child's treatment.

'The lenses look very blurred to me'

Glasses are tailored to suit your child's eyes and will appear blurred to anyone with a different prescription.

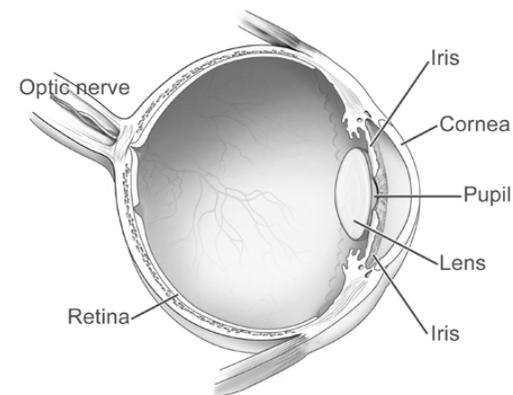
Some terminology you may hear:

Longsightedness (hypermetropia) - If the eye is slightly too small the light is not properly focused on the retina, particularly for close objects. A young child is able to focus the lens inside the eye to make the image clear, but this can cause the eyes to turn in too much and lead to a squint.

Shortsightedness (myopia) - If the eye is slightly too large light is not properly focused on the retina particularly for far objects. Glasses are needed to improve far vision.

Astigmatism - If the cornea is slightly distorted, this causes astigmatism. The shape of the cornea is like that of a rugby ball and glasses are required to sharpen the image on the retina.

How do the eyes work?



Light enters the eye and is first focused by the cornea. The flexible lens in the eye adjusts its shape to bring the light to a sharp focus on the back of the eye.

The light information is then gathered by the retina and sent along the optic nerves for processing by the brain's visual areas.