



Patient Information Leaflet
on wearing glasses



What are long sight, short sight and astigmatism?

LONG SIGHT (hypermetropia) – is caused by the eye being too small, so that the rays of light entering the eye focus behind the retina (back of the eye) instead of on the retina.

Long sighted children may have reduced vision for near and distance.

SHORT SIGHT (myopia) – is caused by the eye being too large, so that the rays of light entering the eye focus in front of the retina instead of on the retina. Short sighted children have reduced vision for distance.

ASTIGMATISM – in addition to being long or short-sighted, your child's eyes may be an irregular shape and, as a result, vision is affected at all distances.



How does the Specialist know my child needs glasses?

When the pupil is enlarged with drops or ointment, the focussing of the eye is relaxed, and the Specialist has a good view of the back of the eye. By moving a line of light across the back of the eye, it is possible to measure what strength of glasses are needed.

Will my child always need to wear glasses?

This will depend to some extent on the age of the child, the strength of the glasses, and on whether they are also required as part of the treatment of squint or lazy eye. Your Specialist will be able to answer this question.

Should my child wear glasses all day?

In most cases, yes. If the glasses are not needed full time, your Specialist will tell you. Some schools require children to leave off their glasses at P.E. lessons for safety reasons. Provided the glasses have plastic lenses this is not really necessary, but if the school is insistent, please stress the importance of your child wearing them for the rest of the day.

Where will I get the glasses?

Your Specialist will issue you with a prescription/voucher to take to your “High Street” Optometrist. This allows you to choose some glasses and tells the Optometrist what strength of lenses to put into the frame. The

prescription/voucher gives you an allowance towards the cost of the glasses. Many will be free but depending on what you choose you can “top up” the voucher and pay towards different types of frames/lenses. Your child will not need to get another eye examination when choosing their glasses.

What are the best frames?

“Prescription glasses are a medical appliance used as part of the treatment of your child’s eye condition. The fit is very important and they should be comfortable on your child’s face. The glasses should sit up well on your child’s nose and they should always be looking through the centre of the lenses. Rounder shapes are particularly good to ensure your child is always looking through the correct part of their glasses.

What do I do if my child’s glasses get broken or damaged?

Children are entitled to as many repairs or replacements as necessary. The important thing is to ensure that they are wearing their glasses and they are in reasonable condition and fitting well at all times. The practice that supplied the glasses will repair, replace or adjust your child’s glasses as often as is necessary. So, do not hesitate to go back to them as often as is necessary. Properly fitting, serviceable glasses are an important part of your child’s treatment.

Does my child get spare glasses?

No child is automatically entitled to a spare pair. In exceptional circumstances, a spare pair may be approved. Ask your Specialist for advice.

It is worthwhile keeping an older pair as an “emergency” spare pair for your child.

My child claims to see better without the glasses or the glasses appear misty

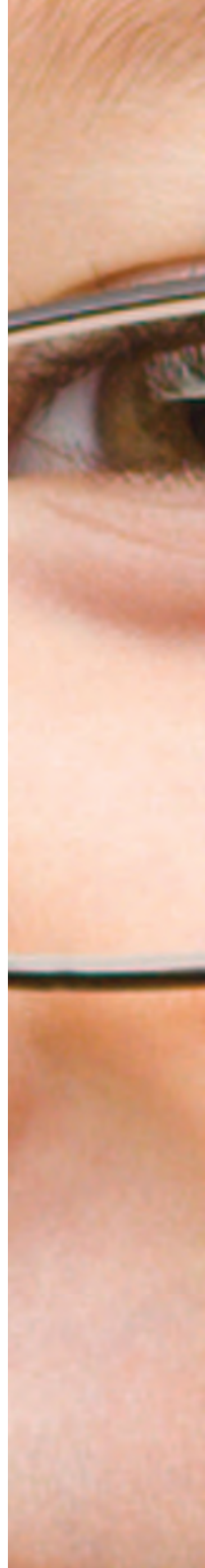
This is a very common complaint in the early days of wearing glasses. Your child has been struggling with reduced vision for some time, and now the brain and eyes have got to learn to work together with the help of glasses. This can take some time and initially the glasses may not help the child very much. Please persevere – this is a very important stage of the treatment.

The glasses look very strong

If you do not wear glasses or your glasses are for a different condition, your child’s glasses will look very odd to you. We prescribe the glasses that will help your child to achieve the best possible vision.

How do I find out about my child’s eyesight or treatment?

Ask any of the eye care professionals involved with your child’s treatment and they will be able to answer any specific questions you may have.





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