

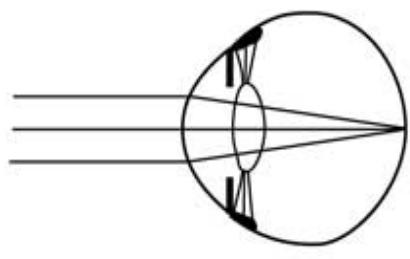


Long Sight (Hypermetropia) and Glasses

Information for Parents and Carers

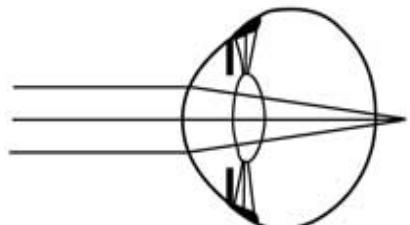
How do you know my child needs glasses?

The need for glasses is assessed by the optometrist. Your child will have drops instilled into each eye to make the pupils bigger. The pupils act as the window of the eye. The optometrist will shine a light into the eye and watch the movement of this line of light at the back of the eye. By neutralising this movement with lenses, the optometrist can calculate the necessary prescription.

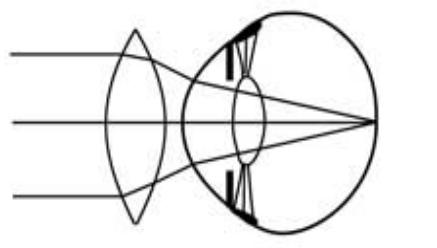


Normal eye

Hypermetropia



Light focused behind the retina



Corrected with convex lens

My child is long-sighted. What does this mean?

Long-sight is present if an image is in focus behind the retina (back of the eye) and the eye has to focus harder to see because:

1. The eye is relatively smaller, or
2. The cornea is flatter than it should be

Why does my child need glasses?

To focus the light onto the retina to give clear vision your child may already be doing all or some of the extra focusing themselves but that may not be enough, or it may be giving them a squint or a headache.

Are the glasses needed for near or distance?

It is a common myth that glasses are needed only for distance or only for near. In childhood this is not the case. Glasses will be needed for all distances and full-time wear unless you are otherwise directed by your orthoptist or optometrist.

Why wearing glasses is so important?

It is very important that glasses are worn full-time. Glasses give a clear stimulus to the cells of the retina and the brain and so the visual system develops normally. If glasses are not worn the cells may not develop normally because they do not receive a clear, focused image. Once the visual system has finished developing (around the age of 6 – 7) any further improvement of vision is unlikely to occur and the level of vision your child has at this age is the vision they will have for the rest of their life (providing they do not get any disease in later life that affects their vision).

If my child wears the glasses well, will they be able to see clearly without them eventually?

Glasses only give clear vision whilst they are being worn. They will not make the eyes stronger, or change the shape of the eye they can only manipulate the light entering the eye whilst the glasses are being worn. However, the glasses will hopefully improve any amblyopia (lazy eyes).

My child won't wear their glasses!

Initially, your child may be reluctant to wear the glasses. Encourage them, praise and compliment them when they are wearing them and persevere.

My child is complaining that they can see better without their glasses than with them. Why?

For the first couple of days your child may complain that their vision is a 'blurred'. Their eyes are still straining to do all the work rather than relaxing and letting their glasses do it. This is normal and you need to encourage your child to persevere with the glasses until they 'relax' into them and adjust to the prescription.

My child's glasses are often broken. What shall I do?

Your child's prescription is valid for 2 years so any breakages or losses will be covered by this prescription and will be fixed or replaced by the optician who made the glasses.

What type of frame should I get for my child?

It is very important that the glasses fit properly. Your child needs to be looking through the centre of the lens. They should not slip down the

nose so the child can look over the top. The arms should not be too loose. You may find yourself going back to the optician regularly to maintain a good fit of the glasses.

Clinic Contact Numbers:

Appointments:	Nurses answer phone:	Orthoptic Office:
Heartlands	0121 424 0543	0121 424 0950
Solihull	0121 424 4463	0121 424 4450
Good Hope	0121 424 9651	0121 424 9677

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