

### Who pays for the glasses?

You will be given a prescription voucher that entitles you to a fixed amount of money to cover the cost one pair of glasses. The voucher will not cover the cost of expensive designer frames and you will have to pay the difference. Most Opticians do have a good range of frames which are covered in full by the voucher. If in doubt, please check with your Optometrist.

### Where do I get the glasses from?

The voucher should be taken to an Optician of your choice where they will help choose a frame to suit your child's face and the lenses required. Encourage your child's involvement in choosing the frames to help them to start wearing the glasses. The glasses will probably take a few days to produce, your child will need to be there to collect the glasses as well to check the glasses fit comfortably.

### How often will the glasses be changed?

Your child will usually have a glasses test once a year. However the time-scale can vary and your Orthoptist will discuss this with you.

### What do I do if my child's glasses break?

Do not wait until your next hospital appointment. Take your child and their glasses back to the Optician who supplied the glasses and they can arrange for repair or replacement.

### Contact us:

If you have any questions, please speak to any of the eye care professionals at your next appointment., or you can call the Orthoptic department

Singleton Hospital  
Neath Port Talbot

Tel: **01792 285213**  
Tel: **01639 862278**



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Bae Abertawe  
Swansea Bay University  
Health Board

Singleton Hospital

Orthoptic Department

# Glasses

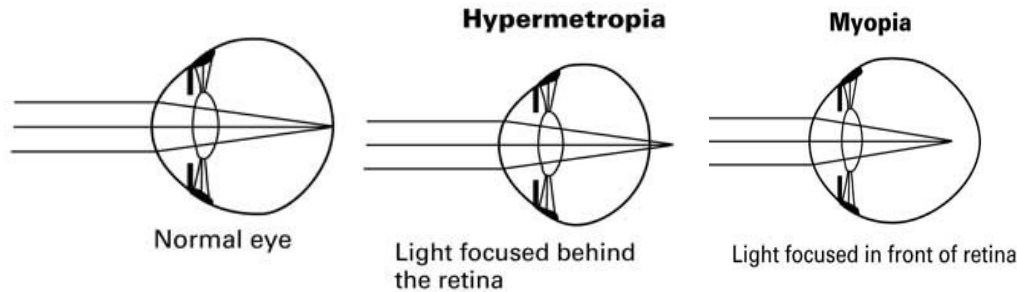
Information and Advice for Parents and Carers

## How do you know my child needs glasses?

An Orthoptist will have tested your child's vision and looked for any other problems linked with the need for glasses (e.g. Squint). Eye drops are then used to relax the focus in both eyes. This allows the size of the eye to be measured accurately using a special light (refraction). Glasses can be prescribed from this measurement

## What is the problem with my child's eye?

In a normal sized eye the rays of light are focused onto the back of the eye (retina) so that the brain can interpret a clear focused picture. Some children have smaller or larger eyes than average, which causes focussing problems. A child needs glasses when they have a focussing problem that will effect the normal development of vision.



## **Hypermetropia (Long Sight)**

The eye is too small, and the rays of light are focussed behind the retina, resulting in blurred vision. Children with long sight can often see in the distance but have blurred vision for closer distances. If they are very long sighted they may not see properly for near distance. In some cases Hypermetropia can cause a squint if left untreated.

## **Myopia (Short Sight)**

The eye is too large, and rays of light are focussed in front of the retina. Some young children have short sight; however, it more commonly develops during teenage years. A child who is short sighted can see things up close, but will have reduced vision in the distance. Short sight will increase as your child grows.

## **Astigmatism**

This occurs when the eye is shaped like a rugby ball rather than a football. This will result in blurred or distorted vision for all distances.

## **Anisometropia**

Some children may need a very different glasses prescription in each eye, e.g. one eye is normal and the other is long or short sighted. Without glasses your child will only use the eye with the best vision and the vision in their other eye will not develop normally.

## When should my child wear the glasses?

In most cases, the glasses should be worn all day. Your child may need some encouragement at first, but they will soon get use to them.

## Will my child always need to wear glasses?

This depends on many things including the strength of the glasses, the age of your child and whether they have a squint. Vision develops until approximately the age of 7, so it is essential that your child wears their glasses during this developmental period. The Orthoptist, Optician or Ophthalmologist will discuss the long term need for glasses with you.

## Will my child rely on the glasses?

Many people feel that wearing glasses can make the child reliant on the lenses. This is not true. Your child is getting used to having good vision with glasses and is becoming intolerant of the poor vision they have without the glasses. If you do not wear glasses or your prescription is different to your child's then their glasses may appear very strong. The test for glasses provides an accurate measurement of the strength of the lenses your child requires.