



**The Leeds
Teaching Hospitals**
NHS Trust

Your child's glasses

Information for parents



Leeds Centre for
Ophthalmology

Information about wearing glasses

How much should my child's glasses be worn?

It can take some time to get used to wearing glasses, especially if it is your first pair. To help your child get used to them, they should wear their glasses all day, every day until you come back for your review appointment.

Your child may say that their vision is blurred when they first put the glasses on. This is not unusual and is part of getting used to wearing them. The more the glasses are worn initially, the quicker your child will settle into them. Please encourage your child to persevere with the glasses as much as possible.

How soon will my child's eyesight improve?

It can take 18-24 weeks for your child to get the full benefit of wearing glasses. This is because the part of the brain that is involved with eyesight needs to catch up with its development. The more the glasses are worn, the better the eyesight can develop. If your child's eyesight is still reduced after this time, some other treatment may be required. Your orthoptist will discuss this with you.

Do I need to bring my child back to clinic after they have got their glasses?

Yes (unless we have specifically said not). It is very important to check how well your child's eyesight is improving once they have their glasses. At the first follow-up appointment (usually about 18 weeks after you are given the prescription), the orthoptist will check your child's vision and how well the eyes are working together. They will then discuss with you whether any further treatment or follow-up appointment is required.

What do I do if my child won't wear the glasses?

Check that the glasses are fitting comfortably first of all. They shouldn't leave red marks on the nose. Uncomfortable or poor fitting glasses are not pleasant to wear. You can seek advice from the optician who supplied them if you have any concerns about how they fit.

It can take time to get used to wearing glasses. If your child is long-sighted, they may have to learn to stop any over focussing that has been done in order to try to see clearly. If they have astigmatism, it is common for the first few days to see things appear to slope or bend. It is important to wear the glasses all the time so that they get used to them as quickly as possible.

Depending on the age of your child, using strategies such as a star chart or reward system can help encourage your child to wear their glasses; getting relatives and teachers involved can also help. If you or other family members also wear glasses some of the time, wearing your glasses all of the time you are with your child can encourage them to wear theirs also.

If you simply cannot persuade your child to wear their glasses, please telephone: **(0113) 206 4736** and ask to speak to an orthoptist who will advise you. Please don't wait until your next appointment as that may be many weeks away and this could delay your child's treatment.

My child can see well. Why do they have to wear glasses?

Your child may have a 'lazy' (amblyopic) eye and the other sees well. Your child will not notice the difference when both eyes are open. The glasses are required to give the 'lazy' eye the best opportunity to see clearly. Other treatment may be required to improve the vision in the 'lazy' eye. This will be discussed with you after a period of glasses wear of 18-24 weeks.

What are the forms I've been given?

The forms tell the optician what prescription is required

The green form is your copy of your child's prescription, for you to keep.

The yellow voucher allows you help towards the cost of your child's glasses and needs to be given to the optician where you get the glasses made. You can only use it once.

Where can I get my child's glasses?

You can get your spectacles made up by any qualified optician of your choice.

If you wish to get your spectacles made up by the dispensing optician service at St. James's University Hospital, please arrange an appointment at the dispensing optician office in the eye clinic or by phoning **(0113) 206 4742**.

What if I want a spare pair for my child?

You are not entitled to a voucher for a spare pair. You will have to pay the full cost of any spare pairs at the opticians of your choice.

How often can I get a new prescription and voucher for glasses?

You are normally entitled to a new prescription and voucher for glasses every year, unless the doctor, optometrist or orthoptist recommends a more frequent examination.

What do I do if the glasses need repairing or replacing?

The optician who made the glasses is responsible for providing repairs and replacements whilst you have an up to date prescription. Take your child's glasses along to where you got them from and your optician will repair / replace them as required.

Glasses should continue to be repaired or replaced until you receive a new prescription and voucher, up to a maximum of a year. The clinic will decide if you require a new prescription, not the optician who provided the glasses.

Information on types of glasses

What is long-sight?

The medical term for long-sight is hypermetropia or hyperopia. A long-sighted person's eyes have to work harder to focus to see well at near and sometimes at distance. In simple terms, the eye is too short to focus the image at the back of the eye. Children can make an extra focussing effort to overcome some or all of their long-sight but this can cause discomfort and their eyes may turn in (convergent squint).

Most children who are prescribed glasses for long-sight should wear their glasses all the time even though the bigger effect is for near.

What is short sight?

The medical term for short sight is myopia. A short-sighted person can usually see well at near but things become increasingly blurred looking in the distance. In simple terms, the eye is too long to focus the image at the back of the eye. Wearing glasses will improve distance vision and may help with an outward turn of the eye (divergent squint).

What is astigmatism?

Astigmatism is usually caused by the front focussing surface of the eye (the cornea) not focussing images in the same place at the back of the eye. An example is one arm of an X being more blurred than the other. Wearing glasses for astigmatism will bring everything in to focus at near and distance. Glasses should be worn all the time.

Contact details

- Optometry department:
(0113) 206 4742 / (0113) 206 4736
Monday - Friday, 9.00 am - 5.00 pm
- Dispensing Opticians:
(0113) 206 4742
Monday - Friday, 9.00 am - 5.00 pm
- Orthoptists:
(0113) 206 4736
Monday - Friday, 8.30 am - 4.30 pm
Email: leedsth-tr.orthoptics@nhs.net



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