

INFORMATION FOR PATIENTS

Fully accommodative squint

What is it?

With this type of squint the eyes are straight when wearing glasses but when glasses are taken off, one eye will turn inwards (squint),

What causes it?

- This type of squint is always associated with long-sightedness of varying degrees.
- With long-sight, in order to see clearly, extra focusing (accommodation) has to be done to achieve a clearer image. This extra focusing can often cause an eye to turn inwards.

How do glasses help?

- To correct long sight, lenses are used in the form of glasses and these have the effect of relaxing the eyes.
- While the glasses are worn, the need for the extra focusing is eliminated and so in this type of squint, the inward turning of one eye is also eliminated. This means the eyes are straight when the glasses are worn.
- With the glasses on and straight eyes, the brain is able to use the two eyes together again and hence 3D vision is regained.
- When the glasses are not worn, seeing clearly is much more difficult, requiring extra focusing which cannot be maintained for long periods. This can lead to headaches, eyestrain, double vision and a more noticeable squint.

Vision could also be permanently affected in one or both eyes in children.

Is there any treatment?

As long as your child's eyes remain straight with the glasses and his/her vision remains good and equal, all that is required is observation by the orthoptist and regular glasses checks.

Squint surgery is not necessary for this type of squint as the glasses are a necessity and the eyes are straight with these.

Contact lenses will also have the same effect as glasses, so these could be considered. Children must be sensible enough and old enough to care for contact lenses properly with minimal supervision.

Orthoptic exercises may be indicated with older children to achieve some control of the squint without glasses. If the amount of long-sight is low, exercises may help to control the squint without glasses for longer periods of time.

Contact details

If you have any queries about your child's treatment please contact the Orthoptic Department:

- **Email:** Sfh-tr.orthoptics@nhs.net

- **Urgent orthoptic queries:**

- Telephone: 07768615247, Monday to Wednesday, 8am-4pm
- Telephone: 07825866704, Thursday to Friday, 8am-4pm

- **For appointment booking/cancellation:**

- Telephone: 01623 672383

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

BIOS website: www.orthoptics.org.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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