

INFORMATION FOR PATIENTS

Esotropia (an inward turning eye)

This leaflet explains what esotropia is and what treatment your child may need.

What is it?

Esotropia is a squint in which the eye turns inwards towards the nose.

Is there any treatment?

The first priority in patients with squints is ensuring vision is at a good level in both eyes. When one eye is squinting, this can often affect the vision in that eye leading to reduced vision (amblyopia). If your child needs glasses these will be prescribed.

If vision is reduced in squinting eye (amblyopic), even after wearing glasses for a few weeks, your child may need occlusion treatment to improve the vision in the lazy one in the form of patching or atropine (drops) occlusion (for further information please refer to the appropriate leaflets). Both treatments aim to improve vision in the weaker eye by stopping the good eye from doing all the work. Occlusion does not treat the appearance of the squint.

If your child's squint alternates (changes from one eye to the other), this often means that neither eye has become amblyopic, as each eye is straight for some of the time.

The size of the squint will also be monitored. If the squint size is stable and the appearance is cosmetically good, only observation will be required.

If the squint is very noticeable, the orthoptist may recommend surgery to help straighten the eyes. In some cases, the surgery can be delayed until your child is older, allowing for more accurate measurements and opportunity to improve vision with occlusion treatment if needed.

If there is binocular vision potential, i.e. your child's eyes could work together as a pair to appreciate 3D vision, early surgery may be advised.

Your child may need to attend the eye clinic regularly for several years to allow monitoring of the squint and for appropriate treatment to be carried out.

Most children remain under the care of the orthoptist and hospital optometrist. An appointment will be made with the paediatric ophthalmology consultant if surgery is being considered or if there are concerns regarding the health of your child's eyes.

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.

To be completed by the Communications office
Leaflet code: PIL202502-06-ESO
Created: November 2015 / Revised: February 2025 /
Review Date: February 2027