

INFORMATION FOR PATIENTS

Fully accommodative esotropia

What is fully accommodative esotropia?

Esotropia means that the eye turns in towards the nose (squint). With fully accommodative esotropia the eyes are straight when wearing glasses but when glasses are taken off, one eye will turn inwards.

What causes it?

This type of squint is always associated with long sightedness (hypermetropia) of varying degrees.

With long sight, extra focusing is needed to see clearly. This extra focusing is unnatural and 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. Wearing glasses removes the need for extra focusing which stops the eye turning inwards. This means the eyes are straight when the glasses are worn.

With straight eyes, the brain can use both eyes together again, restoring 3D vision.

When the glasses are not worn, seeing clearly is harder, requiring extra focusing which the eyes cannot sustain for long. This can cause headaches, eyestrain, double vision and a noticeable squint.

If glasses are never or rarely worn vision could also be permanently affected in one or both eyes as the vision will not have a chance to develop correctly.

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 yearly glasses checks with the hospital optometrist.

Squint surgery is not necessary for this type of squint as glasses are essential and do the job of keeping the eye straight. If the squint without the glasses on was corrected with surgery this would cause the eye to turn outwards when the glasses are worn.

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. The orthoptist can discuss contact lenses with you however, we do not provide contact lenses. This would be done at a regular opticians.

Orthoptic exercises may be recommended for older children to help control the squint without glasses. If the amount of long sight is low, these exercises may help control the squint without glasses for longer periods of time. Most children do not require exercises as they often learn to control the squint better by themselves.

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-FAS

Created: November 2015 / Revised: February 2025 /

Review Date: February 2027