

INFORMATION FOR PATIENTS

Pseudosquint

What is a pseudosquint?

A pseudosquint (sometimes called pseudo-strabismus) is a common condition where there appears to be a squint (turn of the eye), but careful examination shows there is no squint.

What is a squint?

A squint is a true misalignment of one eye to another. When a true squint is present the brain uses either eye separately and therefore 3D vision cannot be appreciated.

What causes a pseudosquint?

The appearance of a pseudosquint is most commonly caused by epicanthic folds. These are folds of skin at the corner of the eye which are common in infants with a flat nasal bridge. This may be permanent facial feature or may change as the child grows.

Epicanthus folds cause this appearance of a squint when the child looks off centre or to one side as one eye becomes positioned slightly behind the skin fold. This appearance can also be given if the space between the eyes is wide or narrow.

How is a pseudosquint diagnosed?

The orthoptist will check the alignment of the eyes by looking at light reflections and how your child fixates at a target up close and at distance.

The orthoptist will also check if your child's eyes work as a pair; this can involve a 3D test.

The orthoptist will also check the visual acuity of either eye to be reassured they are seeing at an equal level, and one eye is not a lazy eye. A lazy eye is more likely to be associated with a true squint.

If an accurate vision test can't be completed of either eye, we will recall the child at around 2.5 years old for a more accurate vision test involving pictures to be completed.

If good visual acuity is achieved of either eye, and a pseudosquint is confirmed, we will discharge the child to be seen at a community opticians around 6 years old.

The most common onset of true squints is between the age of 2-5 years old, therefore please seek re-referral to the service if a new squint is noticed.

Is a pseudosquint common?

Yes.

What treatment is needed?

No treatment is required for a pseudosquint.

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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