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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Information for Patients

Wearing Glasses

The Orthoptic Department

Answers to some common questions...

How do you know if my child needs glasses?

The pupil is enlarged using drops, which allows a good view of the back of the eye (retina). By holding up lenses and moving a line of light across the retina the Optometrist or Ophthalmologist can measure the strength of glasses needed.

Will my child always need glasses?

This will depend on the strength of glasses required and whether they are needed to treat a squint or lazy eye.

If your child's vision improves with the glasses on, their vision may still be reduced when not wearing their glasses.

Your Orthoptist or Optometrist may be able to give you an indication as to whether your child will need to wear glasses long term.

Should my child wear glasses all day?

In most cases, yes. The Orthoptist or Optometrist will tell you if the glasses are not needed full time. For safety reasons some schools like the child to take the glasses off for sports and play time. When the prescription of the glasses is strong it may be safer for them to be worn during these times.

My child complains of blurry vision with the glasses and says they see better without...

This is a common problem when glasses are first worn.

For some time your child has had reduced vision, and now the eyes and brain have to learn to work together with the help of the glasses. It is vital to persevere – glasses can be a very important stage of treatment. Initially a prescription of a reduced strength may be given to allow time to adapt to the glasses.

The glasses look very strong...

The glasses we prescribe will help your child to achieve the best possible vision. They may look odd to you if you do not wear glasses or have glasses for a different eye condition.

What does the prescription mean?

Long sight is caused by the eye being slightly smaller than average. The rays of light entering the eye do not focus on the retina. In long sight, vision may be reduced for near and distance viewing. Long sighted children can sometimes 'over focus' to compensate for their prescription leading to headaches and eye strain if left without their glasses.

Short sight is caused by the eye being larger than average. The rays of light entering the eye focus in front of the retina which causes blurred vision. Distance vision tends to be more affected than near vision. People who are long or short sighted can also have **astigmatism**. This is caused by the front of the eye being shaped more like a rugby ball than a football. The vision is affected at all distances if astigmatism is present.

Mae'r daflen hon hefyd ar gael yn y Gymraeg