NHS
Calderdale and Huddersfield
NHS Foundation Trust

Ophthalmology Department

Squint (a guide for parents)

What is a squint?

A squint is a condition in which the eyes do not look in the same direction. One eye looks straight ahead, while the other may turn inwards, outwards, upwards, downwards, or a combination.

Squints affect 1 in 20 children, mostly before school age.

What causes a squint?

1 in 5 cases of squint are hereditary.

A squint may be caused by a child focusing to see clearly. This results in an inward turn of one eye.

A disorder of the eye, the eye muscles or the brain may cause a squint. In some cases a squint may occur due to other health conditions, eg. cerebral palsy, Down's syndrome, measles, meningitis.

What problems can be caused by a squint?

- **Amblyopia (lazy eye)** – reduced vision in one eye. If not treated prior to the age of 7 years the visual impairment may be permanent.

- **Cosmesis (how the squint looks)** – children may be upset regarding the appearance of their eyes and lead to low confidence or self esteem.

- **Impaired binocular vision (co-ordination of the eyes)** – the eyes may not work together well leading to headaches/eye strain, double vision, or may not work together at all, resulting in no 3-D vision .

compassionate care

What is the treatment for a squint?

Glasses – some squints may reduce in size or disappear when glasses are worn, although it will still be present without the glasses.

Patching – treats the reduced vision in the “lazy” eye. The patch is worn on the good eye, making the lazy eye work harder.
Depending on how poor the vision is, the patch may be worn for as little as 1 hour a day to as much as 6 hours a day.

Sometimes both glasses and a patch are necessary to improve the vision. Patching will not straighten the position of the eye.

Surgery – if spectacles are not needed, or if they do not straighten the eye enough, your child may need a small operation on the eye muscles.

How long does treatment take?

Children’s vision continues to develop up to the age of 8 years or so, therefore your child may need check ups until this age. Your child will be reviewed by an orthoptist every few months, depending on treatment. The orthoptist will check your child’s vision and may prescribe patching. If your child needs glasses they will need to see an optometrist at least once a year to check for any change in their prescription.

If you have any questions about your child’s eye please contact:

Orthoptic Department

Calderdale Royal Hospital Direct Line 01422 222218
Acre Mills Outpatient Department Direct Line 01484 343237

If you need to cancel or change your orthoptic appointment please contact: The Appointments Centre on 08000 158 222

If you have any comments about this leaflet or the service you have received you can contact :

Orthoptic Department
Acre Mills Outpatient Department HUDDERSFIELD
Telephone (01484) 343237

Orthoptic Department
Calderdale Royal Hospital HALIFAX
Telephone (01422) 222218

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉੱਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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براہِ میربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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