



Ophthalmology

My glasses

Information for children 5+ years

Name:

Why do I need to wear my glasses?

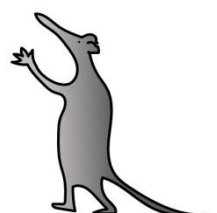
There are different reasons but the most common can be because:

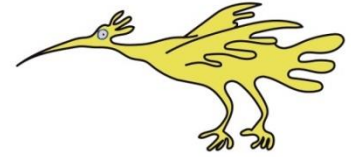
- You might struggle to see things up close and in the distance (long sighted).
- You might struggle to see things far away (short sighted).
- Your eye is an oval shape instead of round (astigmatism).
- One eye turns in or out (strabismus).



Your glasses:

- Help you to see more clearly.
- Can help to stop your eyes from working too hard.





It is very important to wear your glasses all the time that you are awake. This will help your vision to develop the best it can.

How long will I have to wear my glasses?

You should put your glasses on as soon as you wake up in the morning and take them off when you are going to sleep.

As you get older, the optometrist, orthoptist or ophthalmologist will tell you if you still need your glasses.

Some people need glasses for longer and some people may be able to wear glasses when they feel that they need them.



My glasses make my vision blurry

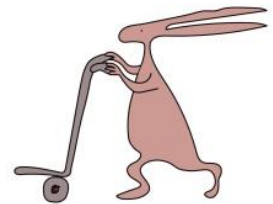
It can take some time for your eyes to get used to your glasses. Make sure you don't look over the top of your glasses.

The more you wear them the quicker you will get used to them.

What happens if I break or lose my glasses?

It is important to look after your glasses, put them away in your case and clean them often but if they break then don't worry.

Tell your mum or dad or whoever looks after you and they can go to the opticians to get another pair.



This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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