

Eye Unit: Optometry Department

Glasses Prescriptions

Hypermetropia (Hyperopia)

This is also known as long-sightedness. In this condition your distance vision may be unaffected, but your ability to focus on close-up objects is impaired. Often young people, especially children are able to overcome the long-sightedness using their natural focussing ability ('accommodation'). Unfortunately this can sometimes cause symptoms of blurred vision, headaches or even double vision. It can also cause a misalignment of the two eyes, referred to as a squint, eye-turn or strabismus. If the long-sightedness is not corrected there is a risk that amblyopia ('lazy eye') may develop.

Myopia

This is also known as short-sightedness. In this condition you can focus clearly on close objects but you are not able to see distant objects clearly. Unfortunately it can cause symptoms of blurred vision, headaches or even double vision. It can also cause a misalignment of the two eyes, referred to as a squint, eye-turn or strabismus. If the short-sightedness is not corrected there is a risk that amblyopia ('lazy eye') may develop.

Astigmatism

The cornea is the front window of the eye. Astigmatism occurs when the cornea is shaped more like a rugby ball (oval) than a smooth spherical shape, like a football. In mild cases it often causes no symptoms. However in moderate to severe cases it can cause blurred vision, headaches or even double vision. If the astigmatism is not corrected there is a risk that amblyopia ('lazy eye') may develop.

Anisometropia

This is where there is a significant difference in the focusing power of the two eyes, usually due to a difference in size and/or shape of the eyes. Generally the weaker eye will have a stronger lens prescribed. If the anisometropia is not corrected, there is a risk that amblyopia ('lazy eye') may develop.

In most cases all of these conditions can be corrected with prescription glasses.



Patient Information

Wearing your glasses

It can take up to two weeks to adjust to new glasses, particularly with hypermetropic (long-sighted) prescriptions. It is important that the glasses are worn as directed by the ophthalmic team. If it is difficult to adjust to the new glasses, the following tips can help:

- Start wearing the glasses at home;
- Wear the glasses at the start of the day;
- Wear the glasses for 1 hour the first day, and build up by wearing them for an extra hour each day until they can be worn as recommended by the ophthalmic team.

Further Information

If you need any further clarification on any of these conditions, please contact Paybody Optical Centre Tel. 024 7696 6545

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6602 and we will do our best to meet your needs.

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Department	Optometry
Contact Tel	26602
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