

Patient Information

## Eye Unit: Optometry Department

# Glasses prescriptions

The conditions outlined below may be corrected with prescription glasses.

### 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 can 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.



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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.

### **Wearing your glasses**

It can take up to 2 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.

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### Further information

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

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#### Document History

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