

## Orthoptics

# Prisms and their care

## Prisms

A prism is a wedge-shaped piece of glass or plastic that can bend the light that shines through it.

A prism can realign the eyes and is used if a squint is small and symptoms are present.

Temporary prisms are plastic and cut to fit on your glasses. If you do not wear glasses, your orthoptist can lend you a pair so we can still use prisms for your condition.

Different strengths of prisms are available. Your orthoptist will decide the strength you need. We can adapt the strength as your condition changes.

Permanent prisms may be incorporated into your glasses when the condition becomes stable. This depends on the strength of the prism. The lens will look like a normal glasses lens.

## Things you may notice with a temporary prism:

- Slight blurring of vision
- Distortions
- A 'rainbow' effect
- Double vision when looking to the side



## Patient Information

### How to take care of your prism:

- Do not remove the prism from your glasses
- Rinse the glasses lens gently under warm water
- Use a soft toothbrush to clean the grooves if needed
- Pat dry with a soft lint-free cloth
- If the prism comes off your lens, rinse and re-apply to the lens
- Contact your orthoptist if you have any further problems

### Contact details

Email - [uhc-tr.OrthopticDept@nhs.net](mailto:uhc-tr.OrthopticDept@nhs.net)

Telephone – University Hospital (Coventry) 024 7696 6520  
Hospital of St Cross (Rugby) 01788 663219

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact the Orthoptic department at University Hospital on 024 7696 6520 (or 01788 663 219 for Hospital of St Cross, Rugby) and we will do our best to meet your needs.

The Trust operates a smoke-free policy.

### Did we get it right?

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#### Document History

Department	Orthoptics
Contact:	26520
Updated:	June 2023
Review:	June 2025
Version	4
Reference:	HIC/LFT/1965/15