

## Orthoptics

# Squint (Strabismus)

### What is a squint?

A squint happens when one eye does not work with the other. The eye may turn inwards (towards the nose) or outwards. It can also turn upwards or downwards, but this is less common.

Up until 6 months, one eye may turn intermittently. **If this still happens after 6 months, it must be investigated.**

### Types of squint

- Esotropia (convergent squint) - This is where one eye turns inwards towards the nose
- Exotropia (divergent squint) - This is where one eye turns out, away from the nose

Squints can be:

- Constant - where the eye turns all the time
- Intermittent - where the eye only turns some of the time (sometimes only without glasses)



## **What causes a squint?**

Squint can be caused by:

- Longsight, short sight or astigmatism that has not been corrected. The extra effort involved in trying to see correctly may cause a squint
- Eye muscles that do not work correctly (less common)

Often, there is no known cause. But there may be a family history of squint.

## **Will my other children develop a squint as well?**

It is possible. Please ask your orthoptist about screening siblings.

## **How are they treated?**

Different types of squint have different treatments. Each patient is dealt with according to their individual needs.

Children do not grow out of squints, but sometimes they can improve with age. The treatment for squints can include:

- Glasses
- Exercises
- Surgery

### **Glasses**

Your child may need to wear glasses to see clearly and let their vision develop. Glasses may reduce the size of the squint. Glasses should be worn all the time in most cases.

### **Exercises**

These may help control some types of squint.

### **Surgery**

Your child may need surgery. The orthoptist/ophthalmologist will discuss this with you if this is the case.

## Patient Information

### Contact numbers:

University Hospital (Coventry) 024 7696 6520

Rugby St Cross 01788 663 219

For further information please visit: [www.uhcw.nhs.uk/our-services-and-people/our-departments/orthoptics/](http://www.uhcw.nhs.uk/our-services-and-people/our-departments/orthoptics/)

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#### Document History

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