

## Eye Unit: Orthoptic Department

# Squint (Strabismus)

### What is a squint?

A squint occurs when one eye does not work correctly with the other. The eye may turn inwards (towards the nose) or outwards. Less commonly it can turn upwards or downwards.

Up until about six months of age one eye may turn intermittently. **If this still occurs after this age, this 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?

The following are possible causes:

- Longsight, short sight or astigmatism which 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)
- In many cases there is no known cause. However there may be a family history of squint



## Patient Information

### **How are they treated?**

There are different types of squint and therefore different treatments. Each patient is dealt with according to their individual needs. Children do not grow out of squints but sometimes improvements occur with age.

The treatment for squints can include:

- Glasses
- Exercises
- Surgery

Or a combination of these

### **Glasses**

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

### **Exercises**

These may help the control of some types of squint.

### **Surgery**

This may be needed. The Orthoptist/Ophthalmologist will discuss this fully with you if this is the case.

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

It is possible that siblings of children with a squint could develop one too. Please ask your Orthoptist about screening siblings.

### **Contact numbers:**

University Hospital (Coventry) 024 7696 6521

Rugby St Cross 01788 663219

For further information please visit <https://www.uhcw.nhs.uk/our-services-and-people/our-departments/orthoptics/>

## Patient Information

The Trust has access to interpreting and translation services. If you need this Information in another language or format, please contact us on 024 7696 5923 and we will do our best to meet your needs.

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### Document History

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