

Orthoptic Service Information Leaflet

Orthoptic Service Surgery & Critical Care

This leaflet has been designed to give you important information about your condition / procedure, and to answer some common queries you may have.



Information for patients and visitors

What is an Orthoptist?

Orthoptists are allied health professionals able to assess, diagnose and treat a variety of vision disorders such as lazy eye (amblyopia), squint (strabismus) and double vision (diplopia). They assess patients of all ages from babies to the very elderly.

The Orthoptist works closely with Ophthalmologists, Optometrists as well as other healthcare professionals to plan the overall care of the patient.

What do I need to bring with me?

You will need to bring with you the following:

- Your appointment letter
- A list of current medications
- Any glasses used for distance and for reading
- The prescription for the glasses you are currently using (available from your optician)

What will happen at the appointment?

When you see the Orthoptist, they will ask you questions about your medical and family history. They will then use various observational tests to assess the vision and binocular eye system to help decide on a treatment plan. Drops to dilate the pupils are not required for the orthoptic assessment; therefore there are no restrictions on driving afterwards.

What treatment will be given?

The treatment of a lazy eye involves patching and the wearing of glasses if needed (i.e. for long-sightedness, short-sightedness and astigmatism). Patching involves covering the good eye to allow the vision in the weaker eye to improve. The Orthoptist will tell you for how long your child needs to keep wearing a patch for. In some cases eye drops may be used to treat a lazy eye.

Exercises may be advised for some types of eye muscle or binocular vision weakness.

Prism lenses may be given to relieve double vision.

It is likely that you will need to see the Orthoptist for several follow up appointments to monitor progress with treatments.

Why is it important for my child to attend his / her appointment?

Vision develops and matures from birth until around 7 years of age. Defects preventing normal visual development within this sensitive period such as squint and lazy eye require early detection and treatment. If left untreated, irreversible visual loss may remain. Therefore it is important that your child attends for his / her appointments for any necessary treatment to be given.



Information for patients and visitors

How long will I be at the appointment?

The Orthoptist will endeavour to see you within 30 minutes of your appointment time. The initial assessment usually takes around 40 minutes.

Will I require any further investigations?

Most patients with orthoptic disorders will need to see the Ophthalmologist to assess the health of the eyes and (for children) to prescribe any required glasses. This examination is usually carried out at a separate appointment. Drops to dilate (enlarge) the pupils are required for the ophthalmic examination and will cause blurred vision for a few hours afterwards. You should not drive whilst your vision is affected.

Contact Details for Further Information

If you have any concerns, queries or questions please contact the Orthoptist at:

Orthoptic Department Scunthorpe and Goole:

03033 302431

Orthoptic Department Grimsby:

03033 304569

Patient Advice and Liaison Service (PALS)

The Patient Advice and Liaison Service offers confidential advice, support and information on any health related matters.

If you have a comment, concern, complaint or compliment about the care or service you have received from the Trust you can contact the PALS team as follows:

Telephone: 03033 306518

Email: nlg-tr.PALS@nhs.net

There are also offices at both the Diana Princess of Wales Hospital (near the main entrance) and Scunthorpe General Hospital (on the C Floor, near the outpatient department), should you wish to visit.

Please note: PALS should not be contacted for clinical advice relating to the content of this leaflet. The service should be contacted directly in the first instance.



Information for patients and visitors

Northern Lincolnshire and Goole NHS Foundation Trust

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