

Manchester Royal Eye Hospital
Orthoptics
Paediatric Ophthalmology

Information for Patients

My glasses information 3 – 5 Years



Name:

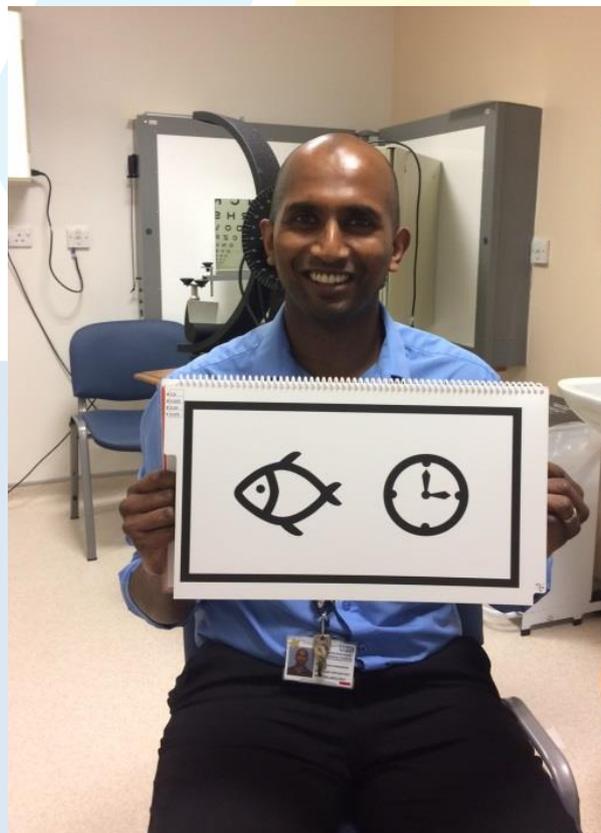
Why do I need to wear my glasses?

- You find it hard to see things up close.
- You find it hard to see things far away.
- Your eye is rugby ball shaped instead of football shaped.
- One eye points to your nose or points to your ear.

How will my glasses help me to see?

Your glasses:

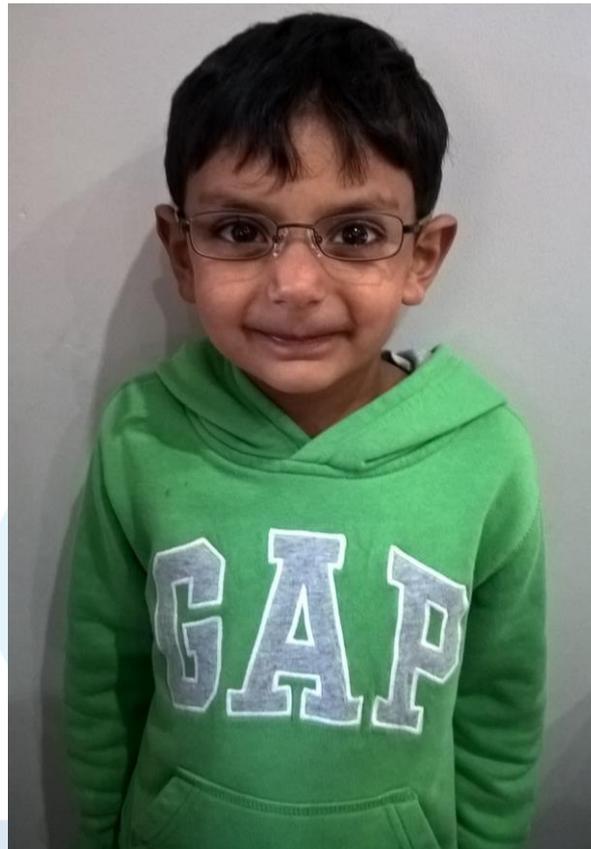
- Make blurry things look clear.
- Help to make a weak eye stronger.
- Help your eyes grow so they can see the best they can.



When do I need to wear my glasses?

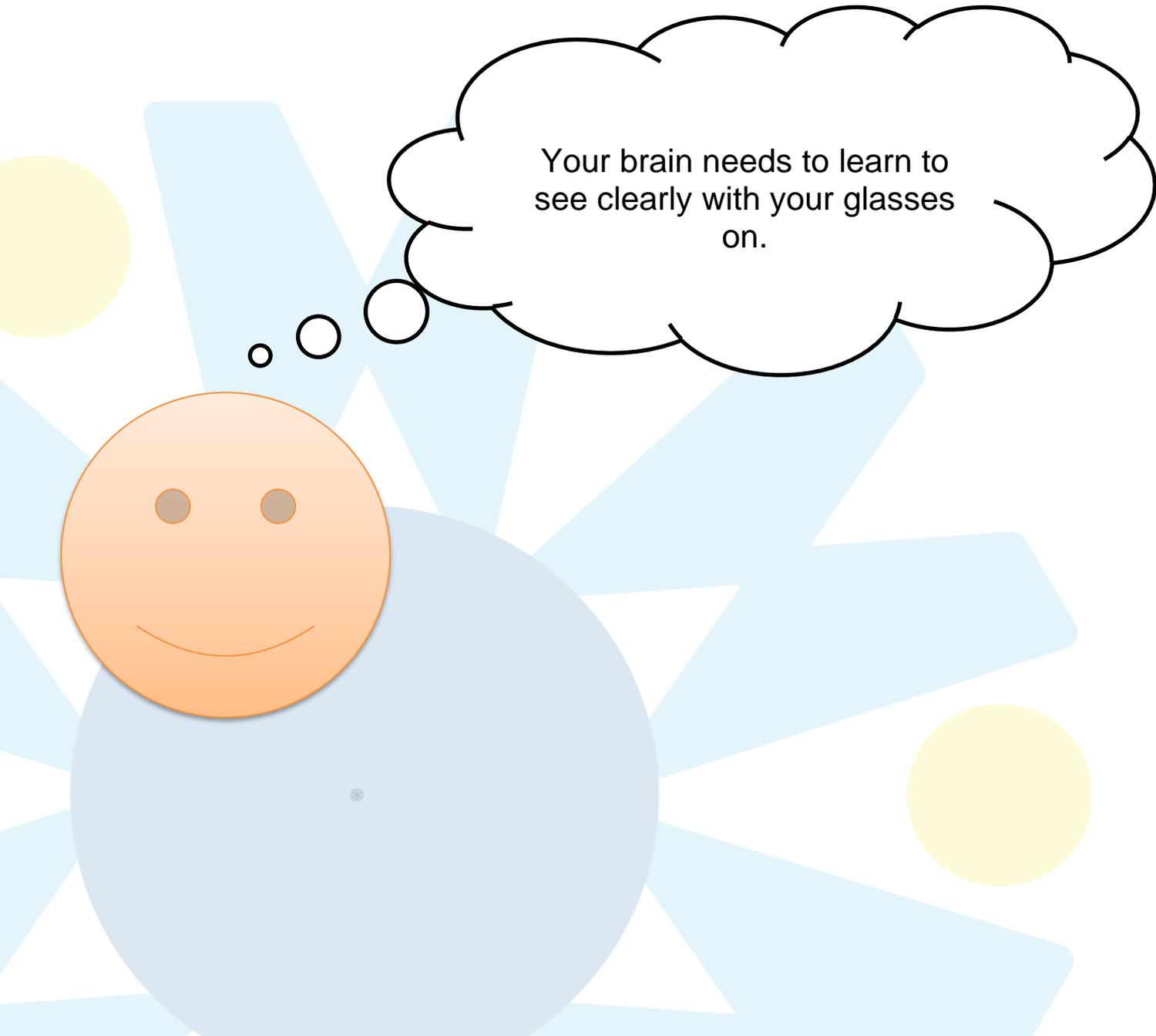
Your glasses are like your clothes. When you put your clothes on, put your glasses on too.

When you take your clothes off to go to bed then you can take your glasses off.



My glasses make my vision blurry

- Your eyes need to get used to your glasses.
- You should not look over the top of your glasses.
- The more you wear your glasses the faster you will get used to them.



Your brain needs to learn to see clearly with your glasses on.

What do I do if I break or lose my glasses?

Don't worry.

Tell your mum or dad or whoever looks after you and they can go to the glasses shop to get another pair.

If you require any further information please contact us on:

 **(0161) 701 4882 Monday – Friday 8.00 am –4.30 pm.**

 **mft.orthoptic.enquires@nhs.net**