

Manchester Royal Eye Hospital
Orthoptic
Paediatric Ophthalmology

Information for Patients

My glasses information 6+ Years



Name:

Why do I need to wear my glasses?

There are different reasons but the most common can be because:

- You might struggle to see things up close (long sighted).
- You might struggle to see things far away (short sighted).
- Your eye is rugby ball shaped instead of football shaped (astigmatism).
- One eye turns in or out called a squint.

Your glasses:

- Help you to see more clearly.
- Can help to make a weak eye stronger.

Your eyes grow until you are 8 years old so it is very important to wear your glasses **all the time that you are awake**. This will help your vision to develop the best it can.

How long will I have to wear my glasses?

Your glasses should be like your clothes. When you put your clothes on, put your glasses on as well.

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



After you turn 8 years old, the orthoptist will tell you if you still need your glasses.



Some of you will need your glasses for the rest of your life.

Some of you may be able to wear your glasses when you feel you need them.

My glasses make my vision blurry

It can take some time for your eyes to get used to your glasses. Make sure you don't look over the top of your glasses.

The more you wear them the quicker you will get used to them.

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



What happens 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**