

How we know what kind of glasses your child needs...

Depending on the light reflex we see from your eye this will tell us if you are long or short sighted.

Myopia: If your eye is longer than average, a short sighted prescription is more than likely to be present (can't see in the distance)

Hypermetropia; If your eyes are shorter than average, a long sighted prescription will present (can't see up close)

Astigmatism: this is present when the front of the eye (cornea) is slightly misshapen.

Anisometropia: if you have one eye that is a different size compared to the other there will be a difference in the prescription found between the two eyes.

STEP 5

The Optometrist/Consultant will write up the prescription with the results of the eye test if glasses are required.

A Voucher is offered to cover a portion of the cost of the lens. Once you have received the voucher, you will go and get the glasses made up at your local opticians.

Once you have received your glasses, your child must wear them full time to ensure their vision develops to the best of its ability.

We will normally review your child again in 3-4 months.



**Cúram Sláinte
Pobail Thoir**
ag freastal ar Bhaile Átha Cliath
Thoir Theas, Baile Átha Cliath
Theas agus Cill Mhantáin

**Community
Healthcare East**
serving Dublin South East,
Dublin South and Wicklow

How We Identify Glasses Prescriptions in Children in 5 Easy Steps

STEP 1

Firstly, your child's vision is checked by the orthoptist. It is important that we check each eye independently to ensure one eye is not weaker than the other.

If we find that your child's vision is reduced in one or both eyes we will recommend a glasses test (refraction).

Don't worry if your child does not know their letters, we can do vision tests for every age and ability.

Examples of tests we use when your child does not know their letters:

Kays Pictures: This test contains pictures such as Apple/Car/Boot/House/Star/Duck

Cardiff Acuity Cards: This is a test we use when a child is unable to communicate what they can see. We can use this test to mark where they see the picture and get a vision reading from them.

STEP 2

If you have been recommended a glasses test, this will usually involve the use of dilating drops.

The drops we use for this are called 1% Cyclopentolate.

The drops are instilled into each eye to dilate the pupil as well as stopping your child from focusing. Without the drops it is very difficult to identify an accurate glasses prescription, particularly in children. We will take the age of the child into consideration when deciding if drops are necessary for the refraction.

Alternative to Cyclopentolate:

Sometimes when Cyclopentolate is instilled into dark eyes they can struggle to work. Therefore, if we find that the pupils are not dilating we may recommend Atropine.

If this is needed, the clinician will inform you and send you home with the drops to instil before the next appointment.

STEP 3

Once the drops are instilled, they will need 30mins to work.

Your child will experience the following once eye drops are instilled:

- Blurred vision
- Light sensitivity

Once the pupil is fully dilated, the consultant or optometrist will call your child back into the room.

The consultant/optometrist will then look at the back of the eye to check its health.

STEP 4

Once the Dr/optometrist has checked the health of the eye they then will perform the refraction (glasses test).