

What is a squint?

This leaflet explains what a squint is, and the treatment options.

What is a squint?

A squint occurs when the eyes are not aligned properly, e.g. one eye turns in, out, up or down. This may happen all the time or only at certain times e.g. when tired, reading or daydreaming.

What causes a squint?

- A squint occurs when the eyes are not correctly balanced; this prevents the eyes from being used together normally.
- Many childhood squints are associated with long-sightedness but there may be no obvious cause.

Will my child grow out of a squint?

- No, although some squints improve in appearance as the child gets older.

What treatment is available?

- The use of glasses and/or wearing a patch ('patching') to improve the vision in the squinting eye is usually required.
- Squint surgery may be required to straighten the eyes once a treatment has been completed which did not correct the squint.
- Not all squints are the same, and individuals may have to try different combinations of treatments to find the most effective.

How long does treatment last?

This varies from patient to patient. The general rule is that good results are easier to achieve if treatment is started at an early age and if there is good compliance with the recommended treatment.

Who will treat my child's eyes?

- **Ophthalmologist** (eye surgeon) will be responsible for your child's general eye care and perform any surgery required and assess the need for glasses.

- **Orthoptist** (specialist in the treatment of squints and children's eye development) will monitor the development of sight and advise on patching, or exercises needed.
- **Optometrist / Optician** will provide glasses. You may be given a prescription to take to your local optometrist. Make sure you get advice on the style of glasses and that your child is measured for the glasses.

Contact us

If you have any questions please ring 0118 322 7683 or 0118 322 7681
Monday to Friday between 8.30am and 4.30pm.

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To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Orthoptic Department, October 2021
Next review due: October 2023