



Squint



The proper name is...

Strabismus

But we often call it...

Squint, or cross eyes

If you have a squint, it makes one of your eyes turn in, out or up while your other eye looks straight. It can give you problems with your vision.

How does the world look to me?

Because you are not using both of your eyes together, you might find it difficult to see clearly or you might have double vision, where you look at one thing and see two of them. If the squint started when you were a baby or a small child, you might not realise you are not seeing properly.

How do I look to the world?

Some squints look obvious to other people. If you have a small squint, people might not notice it.

Why did I get it?

It is not always clear why you get a squint. It could be because your mother or father had one when they were young. The need for glasses might cause a squint and anything that gives you poor vision in one eye can lead to a squint.

How can the doctor tell?

A person called an orthoptist (pronounced or-thop-tist) can use different tests to find out if you have a squint. The orthoptist will ask you to look at a light to see if the reflection of the light is in the same place in both eyes. They will cover each of your eyes in turn and see if one eye has to straighten up to see things.

Did you know?

Strabismus affects one/two children in every 30. So quite a lot!

Getting it sorted

Some squints do not need treatment. Sometimes a squint will be treated with glasses, eye patches or eye drops. A few children need an operation. During the operation, an ophthalmologist (an eye doctor who carries out operations) will make changes to your eye muscles to correct the position of your eye.

If there is a problem

Sometimes if you have a squint, you will feel embarrassed and might be teased by other children. If this is upsetting you, try talking to someone older as they might be able to help.

Useful websites

SquintClinic.com is a comprehensive online guide created by eye care professionals to provide information for patients and parents of patients with strabismus.

www.squintclinic.com

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Moorfields Eye Hospital NHS

Foundation Trust

City Road, London EC1V 2PD

Phone: 020 7253 3411

www.moorfields.nhs.uk

Moorfields Direct telephone helpline

Phone: 020 7566 2345

Monday-Friday, 8.30am-9pm

Saturday, 9am-5pm

Information and advice on eye conditions and treatments from experienced ophthalmic-trained nurses.

Patient advice and liaison service (PALS)

Phone: 020 7566 2324/ 020 7566 2325

Email: moorfields.pals@nhs.net

Moorfields' PALS team provides confidential advice and support to help you with any concerns you may have about the care we provide, guiding you through the different services available at Moorfields. The PALS team can also advise you on how to make a complaint.

Your right to treatment within 18 weeks

Under the NHS constitution, all patients have the right to begin consultant-led treatment within 18 weeks of being referred by their GP. Moorfields is committed to fulfilling this right, but if you feel that we have failed to do so, please contact our patient advice and liaison service (PALS) who will be able to advise you further (see above). For more information about your rights under the NHS constitution, visit www.nhs.uk/choiceinthenhs

