Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Following Issue of a Prescription for Glasses Advice for Parent/Guardian

Version number: **10**
Last modified date: **12th November 2026**

Following the Issue of a Prescription for Glasses

Advice for Parent/Guardian

Orthoptic Department

- Author ID: KW
- Leaflet ref: Orth 006
- Version: 10
- Last review: January 2026
- Expiry Date: January 2028

Glasses

Your child has been tested for glasses. In young children, this test is done with drops to control the focusing of the eye, so that an accurate measurement can be obtained. This is called a cycloplegic refraction. The optometrist has found that your child has:

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There are three types of refractive error:

- Long-sight or hypermetropia
- Short sight or myopia
- Astigmatism.

Long-sighted children, and children with astigmatism, often don't see as well for both close up and distant objects. Short-sighted children do not see distant objects clearly.

Astigmatism means your eye is shaped more like a rugby ball than a football, so light is focused at more than one place in the eye. Astigmatism can be found with either long-sightedness or short-sightedness or on its own. Different strengths and shapes of lenses in glasses (or contact lenses when old enough) are used to correct these focussing errors.

Long sighted children need to make extra effort to focus to see in the distance, and even more effort to see clearly for objects close to them. This means that they may tire more quickly doing close work. They may rub their eyes or complain of eye strain or headache.

Sometimes, children who need glasses also have a squint or turn in their eye. Some types of squint can be corrected with glasses. Your eye care professional will advise you if your child has a squint.

It is important that your child's vision is checked regularly to make sure it is developing normally in both eyes. If you cannot attend your follow-up appointment, please contact the Orthoptic Department on **0300 707 2310** and we will re-arrange this for you.

For more information on your child's visual development, please see our Visual Development information leaflet, either on request from the Orthoptist or from the Trust website www.wwl.nhs.uk

The Voucher

The voucher entitles the wearer to a financial contribution towards a pair of glasses. The value of the voucher depends upon the age and size of the child, the strength of the lenses prescribed and certain conditions of the eye. The voucher entitles your child to one pair of glasses.

At the Opticians

The voucher can be presented to an Optician (Optometrist) of your choice. Certain ranges of frames are fully covered by the voucher and no extra payment is required. However, if you choose a frame outside this range, you will be expected to pay the extra cost. The

Optician will inform you how much this will be before you order the glasses.

You may also be liable to pay for any repairs if you choose to pay extra for the glasses; however, repairs are free if glasses are chosen within the voucher price.

Once the form has been signed by you and handed to the Optician, you are obliged to take receipt of the glasses from that Optician.

Choice of frame

When you go to the optician, it is advisable to ask for a dispensing optician's advice before choosing your frame. Not all frames will be suitable for your child. A frame should be chosen on how well they fit rather than the colour or character on the side of the frame.

Children have smaller noses than adults so it can be harder to find a good fit. Ask your registered dispensing optician to show you a selection of frames that will work well for your child. Smaller frames tend to be lighter, and hence less likely to slip.

Each lens has a central point, and your child should be looking through the centre of the lenses. If your child's glasses slip, they may experience distorted vision when they look through the top of the lens, or they may look over the glasses and gain no benefit at all.

Important tips when choosing your glasses

- Each pupil should be in the horizontal centre of the lens.
- The frame should be level with their eyes and eyebrows.
- The width of the frame should match the width of their face.

- The side of your glasses should run along the side of their face without cutting in.
- Once they reach the ear the sides should curve downwards. If the sides curve too early, they can push the frame down on their nose. If they are not curved enough, they can also slip.
- With a plastic frame, there should be no gap between the bridge of the frame and the bridge of the nose.
- Metal frames generally have nose pads, which will be adjusted so that they sit parallel to the sides of the nose.

Children's faces change shape as they grow. They may pull their glasses off and on, and so you may need to visit the optician regularly for adjustments. With growing children, you may find periods where you need to visit every week to stop the glasses slipping. The dispensing optician is trained to ensure that your child's glasses fit well and will be happy to help however often you need to return.

Discuss whether plastic or metal frames are the best option for your child. In some cases, a headband can help the glasses stay on some frames come with a headband included.

Giving your child some choice in the style of frame (depending on your child's age), may help with their acceptance of wearing glasses.

When you collect the glasses, the optician will check the fit and adjust where necessary.

Should my child wear the glasses all day?

Ideally, your child should wear the glasses all day to get the maximum benefit from them. Some children find it difficult to adapt to the glasses initially, perhaps due to the strength of the lenses and the feel on their face. If this occurs, gradually build up the time of wear and use lots of encouragement. If after 4 weeks your child is still unwilling to wear the glasses,

please contact the Orthoptist for advice.

It may be advisable to remove glasses under certain circumstances e.g. rough play, contact sports and P.E.

Repair and replacement of lost glasses

The voucher is valid for 12 months. If your child loses or breaks the glasses within this time, the Optician who dispensed the glasses will repair or replace them or request another voucher free of charge (if the glasses were within the voucher price.)

You should encourage older children to take good care of their glasses, as they will only be issued with one pair. You may wish to purchase a second pair from your Optician.

Orthoptic follow-up appointment

An appointment to see the Orthoptist to monitor your child's vision with the glasses will be arranged for two to three months' time.

Please bring your child's glasses to every appointment.

Contact information:

Orthoptic Department, Entrance B, Second Floor, Wigan Health Centre, Frog Lane, Wigan, WN6 7LB Telephone Number:

0300 707 2310

Outpatient Department, Leigh Infirmary, Telephone Number: **0300 707 4095**



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