

Esotropia with an accommodative element

Orthoptics

Information for patients and carers

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Caring for you

What is it?

Esotropia is the medical name for an eye that turns inwards towards the nose.

An esotropia with an accommodative element is a type of squint that improves when wearing glasses.

Children with this condition are long-sighted (hyperopic).

This means they need glasses to help them see clearly and to support normal vision development.

When your child wears their glasses, the eye usually turns in less than it does without the glasses.

Will my child always need glasses?

Most children with this type of squint need glasses for many years and often into adulthood.

This is because long-sightedness usually remains as they get older.

When your child is old enough, they may be able to wear contact lenses. Contact lenses work in the same way as glasses and can also help control the squint.

Can my child have squint surgery?

Yes.

Surgery may be recommended if the squint is still noticeable when your child is wearing their glasses.

Squint surgery can help straighten the eyes while your child is wearing their glasses.

However, surgery does not replace glasses. Your child will still need glasses to:

- see clearly
- support normal vision development
- help control the squint

The eye may still turn inwards when the glasses are removed.

Will an eye patch straighten the squint?

No.

An eye patch is used to treat amblyopia (lazy eye). This happens when one eye does not see as well as the other eye.

The patch is worn over the stronger eye. This encourages the weaker eye to work harder and improve its vision.

Some children with accommodative esotropia may develop lazy eye.

An eye patch can help improve vision in the weaker eye, but it will not straighten the squint.

Why does my child need follow-up appointments?

Regular follow-up appointments are important.

An orthoptist will check:

- your child's vision
- eye movements
- if the squint is stable
- if any treatment changes are needed

Children's vision continues to develop until around 7 years of age. Although, this can vary between 6 and 8 years.

Regular appointments help make sure that both eyes are developing normally.

If your child wears glasses, they should have a sight test once a year with an optometrist. This checks if their glasses prescription needs to change as they grow.

These appointments help the orthoptist decide when it is safe for your child's care to transfer from the hospital clinic to a community optometrist.

Your orthoptist will be happy to answer any questions during your child's appointments.

Further information

If you have any further concerns regarding your child's eyes, please contact the Orthoptic Department on **01925 662772**.