

How can an Orthoptist help my child?

The eye doctor has made an appointment for your child with an Orthoptist. This pamphlet describes the Orthoptist's role in our eye care team.

Information for parents from the 3V2 Eye Clinic

What is an Orthoptist?

An Orthoptist is a member of our eye care team.

The Orthoptist:

- ✓ Examines your child's eyes.
- ✓ Tests your child's eyes to see how well they focus, move and work together.
- ✓ Helps diagnose problems with eye movements and vision development.
- ✓ Works with you and the eye doctor (Ophthalmologist) to plan treatment that will help your child.
- ✓ Treats eye problems that do not need surgery.



What happens during an eye exam?

Your child will look at different things and answer some simple questions. The Orthoptist will check your child's eyes and vision to find out:

Are the eyes straight?

- The Orthoptist will ask your child to look up, down, left and right.
- With each movement, the Orthoptist measures the alignment of the eyes.

What can your child see?

- The Orthoptist will ask your child to cover one eye and look through different lenses and glasses.
- The Orthoptist can tell if your child's eyes have difficulty focusing or moving.
- Even if your child is too young to read an eye chart, the Orthoptist can tell how well your child can see and if the vision is equal in both eyes.

What if my child has an eye problem?

The Orthoptist will explain the results of the eye exam.

If your child has an eye problem, the Orthoptist will explain:

- what is not working properly
- what may have caused this to happen
- how the problem may be treated

Some common eye problems are:

Strabismus

- The eyes are not straight. They may wander in, out, up or down.
- In young children, a turning eye may lead to poor vision in that eye.

Ambylopia

- Unequal vision. The vision in one eye is weaker than the other.

Diplopia

- Double vision. Seeing two images of one object.

How are eye problems treated?

Treatment is planned to meet your child's needs.

Depending on the problem, the Orthoptist offers treatment such as:

- wearing prescription glasses to correct vision
- wearing an eye patch to improve the vision in the weaker eye
- doing exercises to strengthen eye muscles

Some problems with eye movement can be corrected with surgery. If surgery is recommended, you and your child will meet with the eye doctor to discuss this treatment.



How often will we visit the eye clinic?

Your child's follow-up care depends on his or her treatment plan.

Some eye problems have simple treatments. Others take a long time to get better or need to be managed over a lifetime.

The Orthoptist will check your child's progress at each visit. The eye doctor will see your child as needed.

When your child is young, you can expect to visit the eye clinic often. As your child gets older you will visit less often.

**If you have questions or concerns please call the Eye Clinic at
905-521-2100, ext. 72400**

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