

## INFORMATION FOR PATIENTS

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# Esotropia (an inward turning eye)

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This leaflet explains what esotropia is and what treatment your child may need.

### What is it?

Esotropia is a squint in which one eye turns inwards towards the nose.

### Is there any treatment?

Treatment for this type of squint involves careful monitoring of the squint and the vision in the squinting eye. If your child needs glasses these will be prescribed.

When one eye is squinting (turning) this can affect the vision in that eye. It may cause the eye to become lazy and reduce the vision (amblyopia).

If the squinting eye becomes lazy, your child may need to wear a patch to improve the vision in the lazy one (for further information please see the occlusion/patching leaflet). The patch will help to improve the vision only in the squinting eye and will not improve the appearance of the squint.

If your child's squint alternates (changes from one eye to the other), this often means that neither eye has become lazy, as each eye is straight for some of the time.

The size of the squint will also be monitored. If the squint size is stable and the appearance is cosmetically good, just observation alone will be required.

If the squint is very noticeable, the doctor may decide an operation to help straighten the eyes should be considered. Sometimes this can be deferred until your child is older, so accurate measurements can be made and vision improved by any necessary patching treatment.

If there is binocular vision potential, i.e. your child's eyes could work together as a pair to gain depth perception, early surgery may be advised.

Your child may need to attend the eye clinic regularly for several years to allow monitoring of the squint and for appropriate treatment to be carried out

### Contact details

If you have any queries about your child's treatment please contact the Orthoptic Department:

- **Email:** [Sfh-tr.orthoptics@nhs.net](mailto:Sfh-tr.orthoptics@nhs.net)
- **Urgent orthoptic queries:**
  - Telephone: 07768615247, Monday to Wednesday, 8am-4pm
  - Telephone: 07825866704, Thursday to Friday, 8am-4pm
- **For appointment booking/cancellation:**
  - Telephone: 01623 672383

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

BIOS website: [www.orthoptics.org.uk](http://www.orthoptics.org.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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