

Your appointment at the orthoptic department

A guide for children and adults with
developmental disabilities

Your appointment

All our patients are different. We see everyone from young babies to adults.

Because of this, it's difficult to show everything that may happen at your visit.

This is a guide to what may happen during your visit.

This is the Eye Unit.



The orthoptic department is inside the Eye Unit.

In the department we look at your eye problems and help to make them better.

This is the orthoptic reception and waiting room.

Sometimes it can be a bit busy. If that's difficult we can try to find you somewhere quieter to sit.



Orthoptic rooms

When it is your turn, we will call your name.
You will walk down a corridor and go in to
one of our six orthoptic rooms.



The orthoptist (eye specialist) will talk to you and your parent/carer about your eyes.

This is a good time to tell us if there is anything you really do or don't like.

At times we may be wearing a face mask, please talk to us about what you would prefer

We might ask you to wear these glasses to do the tasks.



It's a bit like wearing sunglasses, but one eye is dark and the other is clear.



Vision tests

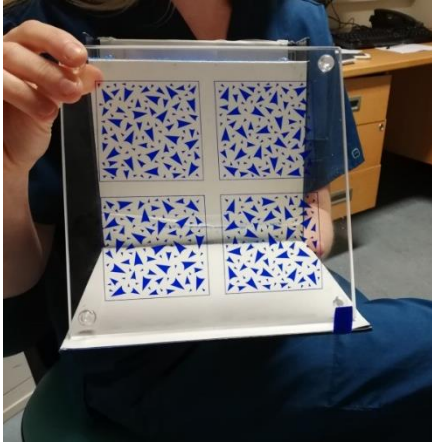
We might ask you to tell us some pictures or letters.

If it's tricky, don't worry.

We can use matching cards to help with this test.



Some more vision tasks



We might do these 3D games
These can be great fun!



We might ask you to look
through a piece of glass
called a prism.

The tasks might make your
eyes feel a bit strange. This
won't last long.

We might show you some letters or pictures to look at while one of your eyes is covered.

We might show you a light and move it around.





We might ask you to look at this special camera. It helps us decide if you might need glasses.

We will turn the lights off.

This can be noisy. Let us know if you would like the noise turned off!

After the orthoptist

At your first appointment it is likely that you will also need to see the doctor or optometrist (another type of eye specialist).

The next pages will explain what might happen before you see them and what tests they might do.

Eye drops

We may need to put a small drop of liquid into each of your eyes. There are different types of eye drops.

Some drops can make you sensitive to bright lights and make your vision feel blurry, so please bring some sunglasses with you.

Eye drops take at least 30 minutes to work. Feel free to bring something with you to do while you wait and some snacks.

Imaging tests

You may also meet our imaging team. They will take some special photos of your eyes or test your visual fields (peripheral vision).



If you need these tests, the orthoptist will let you know. You will need to wait in the waiting room until the imaging team are ready to see you.

Seeing the doctor or optometrist

After your eye drops have worked (if you need them), the doctor or optometrist will call you from the waiting area and take you to another room.





The optometrist or doctor may ask you to look through different lenses and shine a light at your eyes.



It might feel bright and a bit uncomfortable, but it won't last long and doesn't cause any harm.

You may have
to rest your
chin on this
machine.

It helps us look
at your eye
closely.





**The optometrist or doctor
might wear this on their head.**



They will hold up a lens to your eye and shine a bright light at your eye. This is to check that the whole of your eye is healthy, even at the back. They will do this to both eyes.

Why are eye tests important?

Even though it might be scary to come to the eye unit, it is important to look after your eyes.

Having eye tests can help us know if you need glasses.

Eye tests are a good way to check that your eyes are healthy.

Tips for the day

As well as seeing the orthoptist you may also need to see the imaging team and then the doctors or optometrist.

You may have to wait to be seen by these different team members.

Bring some toys, books or colouring to help you feel more comfortable while you wait.

Bring some snacks.

Please let a member of the team know if there is anything we can do to make your visit to the orthoptic department easier or if you have any questions.

We will always do our best to help.

Our telephone number is **023 8120 4789.**