

Prism Details

Strength:

Placed over right / left eye

Base direction

What happens if I have any problems?

Please telephone the Orthoptic department if you have any problems with your prism.

- 0114 271 3021

Where can I find more information?

NHS Choices website

- www.nhs.uk (enter 'double vision' in the search box)

If you have been loaned glasses please return them to the department when you no longer require them.



Alternative formats can be available on request. Email: sth.alternativeformats@nhs.net

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Prisms for double vision

 **Information for patients**
Ophthalmology (Orthoptics)



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DIFFERENCE**

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What is a prism?

This is a plastic lens which is fitted to the inside of your glasses using water. The prism will not damage the lens.

If you do not wear glasses your Orthoptist can loan you a pair with no prescription.

Why do I need a prism?

Orthoptists give prisms to relieve double vision caused by a squint. The prism is not a cure. In many cases prisms are used as a temporary method to relieve your symptoms.

How long will I need to use a prism?

This varies greatly from person to person and depends upon the cause of your double vision. Your Orthoptist will be able to give further information. As your condition changes, your prism can be adjusted. Low strength prisms can be incorporated into glasses prescription if there is a long-term need.

What are the benefits of wearing a prism?

If your Orthoptist has recommended a prism, this should relieve your double vision and may restore your ability to see in 3D.

Are there any side effects or risks?

There are no medical risks associated with prism use.

The prism will neither slow down nor speed up potential recovery. Some people notice a blurring of vision when wearing the temporary prisms. You may still notice some double vision when you look away from the middle of your glasses.

Are there other ways to manage double vision?

Double vision can be relieved by covering one eye, either with a patch or frosted lens. Surgery to straighten the eyes may be considered after a period of time if recovery has not occurred. Your Orthoptist can discuss these options with you.

What will happen next?

A suitable follow up appointment to review your progress will be made.

Prism application and cleaning instructions:

Your Orthoptist will fit the prism to your glasses at your appointment. If your prism does come off then you can re-apply it using the following instructions:

1. Rinse the glasses lenses and prism under warm running water.
2. Create a puddle of water on the inner surface of your glasses lens.
3. You will feel the prism has a smooth side and a rough side. Place the smooth side against the inner surface of your glasses lens.
4. Gently apply pressure to the prism and glasses lens to push the water out.
5. Sometimes air bubbles are formed between the prism and glasses lens. Gently press these towards the edge of the prism.

When your prism is in place, you can clean your glasses in the usual way, being careful not to dislodge the prism.

If your prism becomes dirty you can use a soft brush or a cotton bud to clean between the ridges.