

Orthoptic exercises FAQ

This leaflet addresses the frequently asked questions (FAQ) regarding orthoptic exercises. If you have any further questions or concerns, please do not hesitate to contact 020 7188 4299, and leave a message on our answer phone.

Many people have a tendency to squint, which is controlled most of the time but may give headaches, blurred vision, double vision and eye strain symptoms. The exercises can help your eyes line up better and focus more quickly.

Sometimes exercises are given after eye surgery. The Orthoptist (a health professional trained in visual development and eye movement) supervises the exercises and will advise which exercise is appropriate. You will be seen regularly to monitor the success of treatment.

Should exercises make my eyes feel like they are pulling?

Often, particularly when exercises are first started, your eyes feel like they are pulling and symptoms may even seem worse. This is because you make your eye muscles work hard. This feeling often gets less as the eye muscles strengthen.

How often should I do the exercises?

Little and often!

Aim to do your exercises at least seven times a day. Split them up through the day. If you do your exercises before and after breakfast, lunch and supper then that is six times already! You do not need to do them for very long on each occasion. One minute of exercises followed by one minute of rest should be enough. You can rest your eyes by closing them or looking a long way out the window.

How long will it take for my eyes to feel better?

The Orthoptist will make an appointment to see the progress you are making. It depends how hard you work at the exercises but most patients are better within six to eight weeks.

The Orthoptist or Ophthalmologist (doctor trained in the diagnosis, treatment, and prevention of diseases of the eye and visual system) will be very pleased to answer any further questions you may have.

Contact us

If you have any questions or concerns please contact the **Orthoptic department on 020 7188 4299**, and leave a message on our answer phone. We aim to get back to you within three working days. (Monday-Friday 9am-5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

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