

Patient Information - Orthoptic Assessment

Following your referral to South Eye Clinic it is felt that you need to be reviewed by an Orthoptist.

What is an Orthoptist?

Orthoptists are specially trained Allied Health Professionals (AHP's). They are experts in assessing visual function, ocular movements and how the eyes work together as a pair (binocular function).

Their skills allow an Orthoptist to:

1. Accurately assess vision (or fixation preference in babies/young children)
2. Look for and monitor deficits in the actions of the six muscles around each eye
3. Provide accurate measurements needed to monitor your condition and/or plan any management including potential surgical intervention

The Orthoptic assessment provides your Ophthalmologist with important clinical information necessary to fully investigate and manage your condition. They can advise on relevant eye exercises, occlusion therapy and prisms to help manage symptoms of double vision.

All Orthoptists are registered with the Health and Care Professions Council (HCPC).

Further information can be found at the website of the British and Irish Orthoptic Society www.orthoptics.org.uk

Frequently asked questions

Will my insurance company cover the cost of the orthoptic assessment?

Unfortunately, due to fee limits imposed by most health insurance companies, payment directly to your orthoptist is required prior to your appointment. We suggest you discuss this with your insurance company prior to your appointment.

Am I able to be seen by another orthoptist not affiliated with South Eye Clinic?

Your ophthalmologist and your orthoptist have an established working relationship, and it is preferred that you or your child are reviewed by South Eye Clinic orthoptists on the same day as the visit with your ophthalmologist. This enables us to fully assess and discuss your eye condition, enabling us to jointly make a management plan, to get the best outcome for you or your child and to minimise the need for additional appointments. This is the same service we provide both in our NHS practice at Southampton General Hospital and in our private practice at the Spire Hospital, Southampton.

What to bring to my appointment?

Please bring the following:

- Current glasses for near and distance; any details of your prescription (if available) from your latest optician test
- Details of any past ophthalmic problems including operations, or treatments including in childhood e.g., Glasses wear/patching
- List of current health conditions
- List of current medication
- Details of any allergies

Contact us

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Telephone: **023 8091 4515** (Monday – Wednesday 9am-5pm)