



**University
Hospitals Sussex**
NHS Foundation Trust

Welcome to the Orthoptic Department

Southlands Hospital

Patient information



What is an Orthoptist?

An Orthoptist is trained to examine, diagnose and treat eye muscle disorders and their associated problems in patients of all ages from young babies to the elderly.

What will happen at my appointment?

When you arrive at the reception desk for the Eye Clinic you will need to check in. The receptionist will tell you which area is the best to wait in.

An Orthoptist will call you to an examination room when they are ready to see you. The tests are painless and, for children, are designed to be fun. Eye drops are not used.

You will be asked about medical and family history, and about any previous eye treatment.

The Orthoptist will discuss the results of the testing, and treatment options, and create a plan that you agree to.

Treatment is tailored to each individual problem. It may include glasses, patching, exercises or prisms.

Why do I have more than one appointment?

You may be given an appointment for the Orthoptist a few weeks before your Ophthalmologist appointment or you may see the Ophthalmologist on the same day. For the examination with the Doctor, eye drops may be required to dilate the pupils which take about 30 minutes to take effect. These drops blur your vision for between 6-8 hours, although sometimes the effects may last longer so we advise you do not drive until your vision returns to normal.

If you are unable to attend, we may need to reschedule the Ophthalmology appointment. Please contact us as soon as possible if you need to reschedule so that we may have the opportunity to accommodate someone else.

How much time should I allow for an appointment?

Children's Orthoptic appointments last approximately 20 minutes. Adult Orthoptic appointments last approximately 40 minutes.

Do I need to bring anything with me?

If you have any current glasses please bring them with you along with your prescription from the optician.

What appointments are available?

Appointments are available from 9.00 to 16.00. There are a few earlier and later slots on most days but not many.

Patients who do not attend or cancel repeatedly will be referred back to their GP according to our departmental policy.

How do I change an appointment?

Please call the department to speak to an advisor or leave a message as soon as you are aware that you are unable to attend.

01273 446077

If your contact details change you **MUST** inform the department - we do not get this information from your GP.

How do I get to the Orthoptic department?

The department is part of the Eye Clinic located at Southlands Hospital. The eye clinic is **NOT** part of the outpatients department.

<https://www.uhsussex.nhs.uk/hospitals/southlands-hospital>



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