

# Welcome to the Orthoptic Department

## Information for patients

Maidstone Orthoptic Clinic	 01622 226236
Medway Orthoptic Clinic	 01634 830000 ext 5792
Tunbridge Wells Orthoptic Clinic	 01622 228218
Sittingbourne Orthoptic Clinic	 01795 418300

---

---

## **What is an Orthoptist and what will they do?**

An Orthoptist is a specially trained professional who investigates diagnoses and treats problems with your eye muscles. They are also involved with the development of normal vision in children.

It is possible to assess even very young babies, as the tests used are designed to be fun and do not rely on them knowing their letters. The equipment we use does not involve any contact with the eyes.

If an adult is referred to an Orthoptist it is because they are having difficulty with their eye co-ordination, which is causing eye strain, headaches, or double vision.

## **Do I need to bring my glasses with me?**

If you have glasses, please wear these for your appointment. Please do not wear contact lenses. If you have separate reading and distance glasses, please bring both pairs with you.

## **How long will my appointment be?**

The length of appointments usually varies from 15-40 minutes.

---

---

## **What will happen after I see the Orthoptist?**

Once the Orthoptist has assessed your eyes, the decision will be made as to whether you need to see an Optician and or an Ophthalmologist.

For some patients, your first appointment will include Orthoptist, Optician and Ophthalmology consultations all on the same day. This combined appointment can be lengthy, so please allow sufficient time for all the tests to be performed.

## **What is a Consultant Ophthalmologist?**

A Consultant Ophthalmologist is a doctor who investigates diagnoses and treats diseases in the eyes.

While your pupils are dilated from the eye drops the Ophthalmologist looks inside your eyes, using strong lenses and a light to see the back of each eye. The Ophthalmologist will request any further tests you need.

If you have an operation on your eyes, it is performed or supervised by the Ophthalmologist. You will see the Ophthalmologist or a member of their team when the Orthoptist feels it is appropriate.

---

---

## Further information and advice can be obtained from:

**NHS 111**  
**NHS Choices online**

 **111**  
[www.nhs.uk](http://www.nhs.uk)

**MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the PALS Team. We will do our best to arrange this.**

### **Patient Advice and Liaison Service (PALS)**

If you would like to raise any concerns, make comments and suggestions or require information on Trust services, you can contact **PALS**. Office opening times are Monday to Friday 10.00am to 4.00pm. Both offices offer a 24 hour answering machine. Messages will be responded to within one working day, so please do leave a contact number.

PALS Maidstone Hospital

 01622 224960

PALS Tunbridge Wells Hospital

 01892 632953

PALS Email

[mtwpals@nhs.net](mailto:mtwpals@nhs.net)

PALS SMS

 07747 782317

PALS Maidstone Fax

 01622 224843

PALS Tunbridge Wells Fax

 01892 632954

Issue date: March 2015

Review date: March 2018

Database reference: RWF-OPLF-PPS93

© MTW NHS Trust

Disclaimer: Printed copies of this document may not be the most recent version.  
The master copy is held on Q-Pulse Document Management System  
This copy – REV2.0

---