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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اِس کا اُردو زبان میں ترجمہ چاہتے ہیں، تو براہِ کرم اِس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Advice to Parents of Children Having Dilating Drops

Ophthalmology Department

Patient Information

Letter to parents of child patients in the eye clinic

Dear Parents,

When your child comes to the eye clinic, it is usually necessary to look at the back of their eyes and to check whether they have a refractive error (long or short sightedness).

To do this, we will need to put some dilating drops into their eyes, which will make the pupil (black part of the eye) bigger. This does not hurt your child but may sting a bit as the drops go in. He / she will need to stay still while we do this. The nurses are very experienced in putting eye drops in children's eyes and we have different ways of doing this using toys, bubbles etc.

It can take 30-40 minutes for the pupils to dilate properly. For dark eyes it may be necessary to insert more drops, which could mean up to an hour to dilate the pupils.

The eye drops wear off in two stages. Ability to focus returns first, in about 2-3 hours and your child will be able to read again.

Dilated pupils often do not return to normal until the next day, but they always return to normal and this should not be a cause for concern. Often the pupils will look unequal as they return to normal.

Your child may return to school despite the eye drops, and their teacher should be told that they will have reading difficulties for a few hours. He / she may play outside immediately. The light sensitivity is not usually troublesome, but if the light should bother your child, sunglasses or a hat with a brim will help.

Further information

We constantly strive to improve services for our patients. If you have any comments regarding your experience or the information in this letter, please let us know.

Senior Nurses:

Sister **Georgina Gilson** based at Ashford Hospital

Sister **Dorothy Adjorlolo** based at Ashford Hospital

Deputy Sister **Candy Bhadye** based at Ashford

Deputy Sister **Sherly Joseph** based at St Peter's

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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