

Minus Lens Therapy

Reference Number: ULHT-LFT-1788 v4

Issued: September 2025

Review Date: September 2027

Who is suitable for minus lens therapy?

Minus lens therapy is suitable for children aged approximately 6 and above who have a relatively small divergent squint (eye that drifts out) that is poorly controlled or becoming noticeable.

How does it work?

Minus lenses work by stimulating the eyes' ability to focus causing your child to pull their eyes in to see a clear image. By encouraging the eyes to pull in, our aim is that over time, the eyes will adapt, and the control of the squint will improve.

What will we do?

The Orthoptist will assess your child's vision, the size of their squint and the amount of control they have over their squint. If your Orthoptist suspects your child may benefit from this therapy, we will trial some minus lenses during your clinic appointment.

The aim is:

- To give the minimum amount of minus lens your child needs to help control the squint without impairing your child's vision.
- Once the prescription has been determined we will discuss this with your child's doctor, in the eye department, so a voucher can be issued.
- Your child is usually kept in these glasses for 6 months.
- The glasses must be worn at all times.
- After this time, we will re-assess your child's control and aim to reduce the prescription at 3 monthly intervals.
- This treatment may take approximately 18 months to 2 years to complete depending on the strength of lenses required.

Will my child need eye drops?

There will be no eye drops needed at this appointment with the Orthoptist, although they will be required when the doctor re-checks the prescription at the routine annual appointment.

If you have any questions about your appointment, please ask your Orthoptist or contact us on the phone numbers in this patient information leaflet.

References

- Bayramlar H, Gurturk AY, Sari U, Karadag R. Overcorrecting minus lens therapy in patients with intermittent exotropia: Should it be the first therapeutic choice? *Int Ophthalmol*. 2017;37(2):385-390
- Conservative management of intermittent exotropia to defer or avoid surgery. *Journal of American Association for Pediatric Ophthalmology and Strabismus*. Volume 23, Issue 5, October 2019, Pages 256.e1-256.e6
- Intermittent Exotropia, overcorrecting minus lenses and the Newcastle control score, JAAOPS, 2005, Oct;9(5) 460-464

Orthoptic Department

Pilgrim Hospital 01205 446474

Lincoln County Hospital 01522 573378

United Lincolnshire Teaching Hospitals NHS Trust has worked with AccessAble to create detailed Access Guides to facilities, wards and departments at our sites.

www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust

United Lincolnshire Teaching Hospitals NHS Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language or alternative format, please email the Patient Information team at ulth.patient.information@nhs.net