

## 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.

### Western Sussex Eye Care

Southlands Hospital  
Upper Shoreham Road  
Shoreham-by-Sea  
West Sussex  
BN43 6TQ



# Welcome to the Orthoptic Department

# Southlands Hospital

We are committed to making our publications as accessible as possible. If you need this document in an alternative format, for example, large print, Braille or a language other than English, please contact the Communications Office by email: [Communications@wsht.nhs.uk](mailto:Communications@wsht.nhs.uk) or speak to a member of the orthoptic team.



**Western Sussex Hospitals**  
NHS Foundation Trust

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### **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. You may see the Ophthalmologist on the same day. 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?**

Monday 13:40–16:00

Tuesday—Friday 09:00-16:00

On some days we have earlier appointments starting from 08:20 and later appointments up to 16:40, please discuss if you require an early or late appointment with your Orthoptist or telephone the department.

