

Patient information

Brown's Syndrome

What is Brown's Syndrome?

Brown's syndrome is a condition which can be present from birth (congenital) or develop later on in life (acquired).

What you will notice in someone with Brown's Syndrome:

- Restricted movement of one (unilateral Brown's syndrome) or both eyes (bilateral Brown's syndrome) when looking upwards and inwards toward the nose.
- There may be a head posture; turning of the head to one side or tilting the chin upwards in order for the eyes to be used together as a pair more easily.
- In some cases there may be a squint present when looking straight ahead. This can be associated with reduced vision in the squinting eye (amblyopia).
- Some patients notice a "click" or "clicking" sensation around the eye when they try to look upwards and inwards.

The affected eye muscle passes through a ring of tissue which is called the Trochlea. The trochlea acts as a natural 'pulley' system helping the eye to move. In Brown's syndrome there is a defect of the Trochlea or a defect of the muscle in that it may be tight and short. These anatomical defects stop the muscle from passing freely through the Trochlea, inhibiting eye movement in upwards and inwards gaze.

Acquired cases can be caused by trauma to the eye or inflammation around the Trochlea.

Is there any treatment for Brown's Syndrome?

Treatment is rarely necessary in cases where the condition has been present since birth. Most children with Brown's syndrome will be observed in the Orthoptic department for a period of time to ensure their vision develops normally. Occlusion treatment may be needed if there is weaker vision in one eye. The Brown's syndrome will become less noticeable as the child grows, as they do not look upwards as much. Some children show signs of improvement in eye movement as they get older.

If the condition has been acquired later on in life some Orthoptic treatment may be needed to alleviate the symptoms of double vision.

Surgery is rarely done for Brown's syndrome unless there is a significant squint in the straight ahead position or a head posture which is causing discomfort. Your Orthoptist can advise you on this.

Useful contacts if you have any queries:

0300 131 4600 option 1

Sources of information

www.squintclinic.com www.eyesite.nhs.uk/Home

British and Irish Orthoptic Society: www.orthoptics.org.uk

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Mrs Lorraine Manklow, Head Orthoptist, Eastbourne DGH

Mrs Samantha Aitkenhead, Orthoptist, Eastbourne DGH

Miss Hannah Millar, Orthoptist, Eastbourne DGH

The Clinical Specialty/Unit that have agreed this patient information leaflet:

Ophthalmology

Next review date: February 2025

Responsible clinician/author: Samantha Aitkenhead / Hannah Millar, Orthoptist Eastbourne DGH

© East Sussex Healthcare NHS Trust – www.esht.nhs.uk