

# Patient information

## Pseudostrabismus

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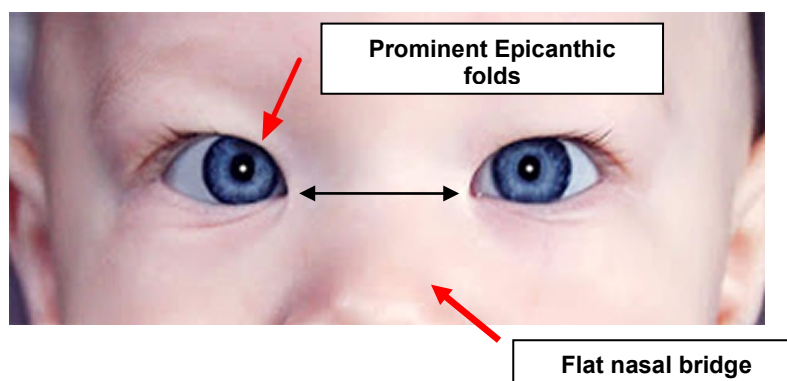
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### What is a strabismus?

A strabismus, also referred to as a 'squint', is a misalignment of the visual axes. This is where the eyes point in different directions i.e. in, out, up or down. It is particularly common in children, affecting approximately 2% of children in the UK population.

### Pseudo-strabismus vs True strabismus?

A pseudo-strabismus is the **false** appearance of an eye turning, when in fact the eyes are aligned. A pseudo-squint is often noticed in photographs if your baby's head is slightly turned, or if the photograph has been taken at an angle. The image below shows an example of a pseudo-squint.



### What can cause a pseudo-strabismus?

There are different physiological factors that can cause a pseudo-squint:

- Underdeveloped nasal bridge
- Epicanthic skin folds
- Heterochromia
- Wide or narrow gap between the eyes
- Eye/ eyelid shape

### Does a pseudo-strabismus require treatment?

No treatment is required for a pseudo-squint. The appearance of the squint will improve as your baby grows. This is because the epicanthic folds become less prominent, and the nasal bridge becomes more developed.

Orthoptists are trained to detect squints through various clinical assessments. If the orthoptist is able to confirm a pseudo-squint, your child may still require regular follow-up appointments to monitor visual development and ensure there is no squint. A true strabismus can lead to permanent vision loss if left untreated.

Therefore, it is important for the orthoptist to monitor your child's visual development. Your orthoptist will discuss whether a follow-up appointment is required.

## What happens if I have concerns after being discharged?

If you have concerns in the future, visit your GP or local optician who can refer you back into the hospital eye service if required.

## Can a True strabismus still develop?

Your child can still develop a true squint later in life. This is because the visual system continues to develop until the age of 7 years. It is really important to have annual glasses check, as an underlying prescription can cause a squint.

## Sources of information

For more useful information on squints:

[www.squintclinic.com](http://www.squintclinic.com)

## Important information

The information in this leaflet 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 4784 or by email at:

[esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

We are 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 our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

## Reference

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