York and Scarborough Teaching Hospitals
NHS Foundation Trust

Fresnel Prisms

Information for patients, relatives and carers

ⓘ For more information, please contact:

Orthoptic Department
York Hospital
Wigginton Road, York, YO31 8HE

Telephone: 01904 726750

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What is a Fresnel prism?

A Fresnel prism consists of a row of small prisms on a flexible sheet of plastic. It can be attached to your glasses when you have double vision. Prisms move the image you can see by bending the light that passes through them. This can help people with double vision, as it helps them to join images together or by moving the second image to an area where it is easier to ignore. The prism will give you single vision when you are looking straight ahead. You may still be aware of some double vision when you look in different directions. If this happens you can try moving your head to look in different directions, rather than moving your eyes.

How does the prism attach to my glasses?

The prism will be cut to fit one (or occasionally both) lens of your glasses. It is applied using water by pressing the smooth side of the prism onto the inside of the lens. Once it is dry it should stay on the lens. No glue or adhesive is used.

How do I look after my prism?

The prism can be cleaned using soapy water and a soft brush. It is not necessary to remove the prism to clean it. If you have any questions please contact your Orthoptist.

Will it affect my vision?

You may be aware of some mild blurred vision when looking through the prism. This is less noticeable in lower prism strengths and more noticeable in stronger strengths. Patients usually find the benefit of single vision outweighs any blurry vision.

What happens if I get double vision with my prism on?

Your prism has been carefully measured by your Orthoptist but over time your eye position may change which can cause your double vision to change. Please call your Orthoptist who can discuss this with you further and arrange an earlier appointment if necessary.

How long will I need to wear a Fresnel prism for?

This varies considerably between patients. Some patients use prisms on their glasses for long periods of time. You will have regular checks with your Orthoptist to ensure your prism strength is correct.

Are there any alternatives?

It is possible to cover up one eye with tape or a patch to stop your double vision. Please contact your Orthoptist at the Orthoptic department if you would like more information.

Contact numbers:

York Hospital Orthoptists:

Patricia McCready:	01904 726749
Sian Jones:	01904 726747
Lucy Ridgeon:	01904 726751
Gemma Kane:	01904 726750

Scarborough Hospital Orthoptists:

Chris Alletson:	01723 342057
Andrew Emmerson:	01723 342057
Jayne Mills:	01723 342057

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Orthoptic Department, York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 726751.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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