

# **Intermittent Distance Exotropia**

Information for patients, relatives and carers

① For more information, please contact your specialist orthoptist

---

Your child has been diagnosed with an Intermittent Distance Exotropia (divergent squint). This leaflet explains the signs, symptoms and possible treatment options of this condition.

## **What is Intermittent Distance Exotropia?**

An Intermittent Distance Exotropia is a type of squint. A squint is a common condition where the eyes are misaligned. In Intermittent Exotropia the eyes often appear straight or aligned when reading or looking at something close up. However, one eye may tend to drift outwards when looking in the distance, when tired, daydreaming or in bright sunlight.

## **What are the symptoms and signs?**

Often children with this type of squint have no symptoms. Occasionally a child might complain of blurred vision or double vision.

Parents and carers may notice the eye drifting when looking in the distance or when the child is tired. They may also be aware of the child rubbing their eye and closing the squinting eye in bright sunlight.

## What treatment is needed?

- Often the squint is well controlled by the child, so no treatment is necessary. Your orthoptist will monitor for any changes during their regular appointments.
- If your child needs glasses these will be prescribed. Occasionally a short-sighted prescription can help to control the squint.
- If the vision in the squinting eye reduces, patching treatment may be advised to encourage the weaker eye to work more.
- (This will not directly correct the squint but may aid its control).
- If symptoms become a problem, or the appearance of the squint is very noticeable, surgery can be considered to improve the control of the squint.

## Will it get worse?

When a child is tired, or unwell the squint can appear worse.

Your orthoptist will regularly check your child's eyes for any changes. If you have any concerns before your next appointment. Please call your specialist orthoptist on the numbers below.

## 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: Lucy Ridgeon, Specialist Orthoptist, telephone 01904 726751

## **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](mailto:yhs-tr.patientexperienceteam@nhs.net)

An answer phone is available out of hours.

## **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.

## **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/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

Owner	Lucy Ridgeon, Specialist Orthoptist
Date first issued	February 2020
Review Date	April 2028
Version	1 (reissued April 2025)
Approved by	Patricia McCready, Orthoptic/Optical Service Manager
Document Reference	PIL 1421 v1.3
© 2025 York and Scarborough Teaching Hospitals NHS Foundation Trust. All Rights reserved.	

[www.yorkhospitals.nhs.uk](http://www.yorkhospitals.nhs.uk)