

Prism fusion exercises – patient information leaflet

You have been prescribed exercises to improve your symptoms, with the use of a Fresnel prism.

Your orthoptist will discuss this with you prior to treatment and help select an appropriate prism strength suited for your individual needs. This should take into account for your glasses/occupation/hobbies etc. and a treatment plan should be agreed of when the prism should be worn.

Please be aware that it may take some time to adapt to your prism before it becomes comfortable to wear. If your double vision persists with the prism, and does not settle, the prism strength may be too strong. Remove prism and discuss with your orthoptist at your next appointment.

You should aim to wear your prism for a minimum of 1 hour daily initially, but ideally for as long as you are able to tolerate.

It is normal to experience increased eye strain and frontal headaches during/after wearing your prism however, these symptoms should only be temporary and settle. If they do not, remove the prism.

The prism will be cut and fitted to your glasses in clinic – if you then wish to remove/re-fit as required, please follow the instructions below:

- Check the glasses are clean, wash and leave wet
- Wet the prism
- Lay the smooth side of prism to the back of the glasses lens
- Press down and dry, checking that no air bubbles are left by running finger from the centre of the lens outwards

Once you have returned for your follow-up appointment to ensure that this form of treatment is successful, you will be able to establish how frequently you use the prism in order to self-manage your symptoms long-term.