

# What is Hyperopia?



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# Hyperopia (Farsightedness) in Children: A Guide for Parents



## What is Hyperopia?

Hyperopia, also known as farsightedness, is a common vision condition that makes it difficult to see objects up close. It occurs when the eyeball is shorter than normal or the cornea (the clear front cover of the eye) is flatter than normal. This causes light rays to focus behind the retina, the light-sensitive tissue at the back of the eye, instead of on it.

## How does Hyperopia Affect Children?

Children with hyperopia may have difficulty seeing objects up close, such as books, toys, or screens. They may also squint or hold objects farther away from their eyes to try to see them better. Other signs and symptoms of hyperopia in children include:

- Frequent headaches
- Eyestrain
- Blurred vision
- Double vision
- Poor reading comprehension
- Difficulty paying attention in school

## How is Hyperopia Diagnosed?

Hyperopia can be diagnosed during a comprehensive eye exam. The eye doctor will use a variety of tests to measure the child's vision and determine the severity of the hyperopia.

## How is Hyperopia Treated?

Hyperopia can be corrected with glasses, contact lenses, or refractive surgery.

- Glasses: Glasses are the most common way to correct hyperopia. They help to focus light rays on the retina, so that the child can see clearly
- Contact lenses: Contact lenses are another option for correcting hyperopia. They are worn directly on the eye and can provide a wider field of vision than glasses

## What are the Long-term Effects of Hyperopia?

If hyperopia is not corrected, it can lead to a number of problems, including:

- Amblyopia (lazy eye)
- Strabismus (crossed eyes)
- Poor academic performance
- Difficulty with sports and other activities

## How can I Help My Child with Hyperopia?

There are a number of things you can do to help your child with hyperopia:

- Make sure your child gets regular eye exams
- If your child needs glasses or contact lenses, make sure they wear them as directed
- Encourage your child to read and do other activities that require close-up vision
- Limit your child's screen time
- Make sure your child gets enough sleep
- Talk to your child's teacher about any concerns you have about their vision

## When to See a Doctor

If you have any concerns about your child's vision, it is important to see an eye doctor right away. Early diagnosis and treatment of hyperopia can help prevent serious problems from developing.