

# Distance exotropia

## What is a distance exotropia?

A distance exotropia is a type of squint. A squint describes when one or both eyes turn inwards or outwards, depending on the eye muscles involved.

A distance exotropia is a specific type of intermittent squint where one eye turns outwards (divergent) when looking at an object in the distance. This may happen all the time when looking at distance or intermittently. It may also be more noticeable when unwell, tired, day dreaming or in bright light.

## What causes a distance exotropia?

A distance exotropia is the result of an imbalance of the eye muscles. Everyone has a level of control over their eyes, however if the imbalance is too great it can become difficult to keep the eyes under control, particularly in the distance.

Occasionally there can be family history of this type of squint but this is limited to immediate family.

Occasionally it can be secondary to myopia (short sightedness).

## What are the symptoms?

Often children with this type of squint have no symptoms, sometimes they may feel like they can see further round to the side.

Sometimes they may complain of blurring of their vision or double vision.

You may notice your child rubbing or closing the affected eye particularly in bright sunlight.

As this type of squint is not present constantly it is uncommon for amblyopia (reduced



## Further information

Orthoptic Department 01271 322469

Eye clinic reception 01271 322466

British and Irish Orthoptic Society – [www.orthoptics.org.uk](http://www.orthoptics.org.uk)

Squint Clinic – [www.squintclinic.com](http://www.squintclinic.com)

## PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [rduh.pals-northern@nhs.net](mailto:rduh.pals-northern@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say