

Esotropia in Children

This material will help you understand esotropia and how it is treated.

What is esotropia?

Esotropia occurs when the eyes turn inward. It may happen constantly or once in a while. It may affect one or both eyes. Esotropia can be diagnosed at any age and ranges in severity. Some crossing of the eyes in infants less than 20 weeks old is normal. Untreated esotropia may lead to poor visual development, loss of vision, and problems with depth perception. Therefore, constant eye crossing at ANY age should be evaluated promptly by a pediatric ophthalmologist.

What are the types of esotropia?

Esotropia is usually classified by a number of factors. The age that the symptoms appear and frequency of symptoms are considered. Another factor is whether or not it can be treated with glasses.

Common types of esotropia include:

Infantile/Congenital Esotropia- diagnosed in children less than 1 year old.

Acquired Esotropia - diagnosed in children older than 1 year old.

Accommodative Esotropia- diagnosed most commonly in farsighted children between 1-4 years old. When their lens attempts to focus (accommodation), the eyes are pulled in (convergence) and cross.

Non-Accommodative Esotropia- may be found when both eyes are not working together because of refractive errors, mechanical or neurological impairment.

Risk factors include genetic and neurological disorders, prematurity and cerebral palsy.

How is esotropia treated?

Eye muscle surgery is usually recommended for children with infantile esotropia. In accommodative esotropia, glasses are able to reduce the amount of effort needed to focus the eyes and thus the crossing. This helps to straighten the eyes. Sometimes children with a high degree of crossing need bifocals to help focus on close objects. If glasses do not straighten the eyes, an eye doctor may recommend surgery to help the eyes work together.

There are several goals of treatment including:

- Restore eye alignment
- Maximize binocular vision
- Improve diplopia (double vision) or amblyopia (lazy eye)

For more information, scan these codes with your smartphone or visit the websites listed.



<http://www.aapos.org/terms/conditions/48>



<http://www.kellogg.umich.edu/patientcare/conditions/esotropia.html>

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Kristin Maurer, MPH candidate

Reviewers: Dolly Padovani Claudio, MD, PhD and Gale Oren, MILS

Unless otherwise noted, Patient Education by [University of Michigan Health System](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#).

Last Revised 4/2015