



Esotropia in Adults

This material will help you understand esotropia and how to manage it.

What is esotropia?

Esotropia is a type of eye misalignment (known as strabismus) that occurs when one or both of the eyes turn inward. The crossing can be constant or only happen sometimes.

Many people have a tendency for their eyes to drift in when they are looking at an object. If the eyes are easily able to refocus, this is called “esophoria”. In some cases, over time, the inward turn may happen more often to the point where it becomes constant. In esotropia, the eyes do not realign.

Esotropia is most common among young children, but can be diagnosed at any age and can range from mild to severe. Older children and adults with esotropia often have double vision (diplopia). When a person has esotropia without double vision, they do not have good depth perception. This means that they are really only using the eye that can focus straight ahead to see.

What causes esotropia?

The most common reason for esotropia is a “lazy eye” from childhood. If the “lazy eye” was not treated with patching or surgery during your childhood, it can persist into adulthood. Among adults, medical conditions like strokes, thyroid disease, diabetic nerve disease or head trauma can also cause an esotropia. A poorly seeing or blind eye can also develop an esotropia over time.

How is esotropia treated?

Your eye doctor may prescribe prism glasses for double vision. Another option is eye muscle surgery to help with double vision or to improve your appearance. If your esotropia has been present since childhood, surgically correcting the misalignment will not improve your depth perception. This is because depth perception can only develop until the age of nine at the latest.

Talk to your eye doctor about which treatment option is best for you.

For more information, scan this code with your smartphone or visit the website listed.



<http://www.aapos.org/terms/conditions/11>

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: Paula Anne Newman-Casey, MD, MS 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