



you have previously suffered eye injuries, if you have previously undergone eye operations or if you have sight in only one eye.

There are a large variety of eye protectors available and they should be tailored to the individual sport or preference. The ideal requirements for protective eyewear are:

- They must be correctly fitted (especially important in children)
- They must be shatter resistant (polycarbonate material for lens)
- They must have a sturdy frame with or without cushioning
- They should not affect your field of vision when engaging in the sport
- They must be cosmetically acceptable

Author: Miss. Melanie Hingorani; A&E Service
Revision number: 4
Approval date: June 2023
Review date: June 2026

**Moorfields Eye Hospital NHS
Foundation Trust**
City Road, London EC1V 2PD
Phone: 020 7253 3411
www.moorfields.nhs.uk

Moorfields Direct telephone helpline

Phone: 020 7566 2345
Monday-Friday, 8.30am-9pm
Saturday, 9am-5pm
Information and advice on eye conditions and treatments from experienced ophthalmic-trained nurses.

Patient advice and liaison service (PALS)

Phone: 020 7566 2324 or 020 7566 2325
Email: moorfields.pals@nhs.net
Opening hours: Monday to Friday, except bank holidays
Moorfields' PALS team provides confidential advice and support to help you with any concerns you may have about the care we provide, guiding you through the different services available at Moorfields. The PALS team can also advise you on how to make a complaint.