

## WHEN TO CONSULT AN EYE-DOCTOR?

### Children

There is a misconception among many people that children do not need regular eye care like elders. This misconception and ignorance can prove to be dangerous for kids suffering from eye infections or refractive errors. A child is equally prone to vision problems and eye diseases, which makes regular eye examinations extremely important.

NSEEH eye specialists recommend eye checkups at various stages such as:

- When child is 3 years old.
- When the child enters pre-primary school
- When the child enters secondary school.
- Whenever the child complains of pain, or severe irritation in the eyes.
- When the child has been squinting for days
- In case of an external body/object entering the child's eye.
- Regular checkups are recommended if the child's family has a history of eye problems.

### Adults

- Adults should visit their eye specialist once in a year.
- Adults suffering from diabetes or having a family history of diabetes should visit their eye specialist once every 6 months.
- Even mild pain in eyes should be taken seriously by people who have family history of eye problems.
- If an adult always have a headache
- If an adult experiences pain in eyes, and is forty years or older he or she should visit an eye doctor specially to check if their eyes need reading glasses.
- If there are bright flashes and floaters galore

### Emergencies

You should immediately visit your eye specialist in case of red eyes, pain in eyes, diminished vision or if your eye is continuously watering.

## What Should I Bring?

- Your glasses or contacts (if you wear them). Ask if you should stop wearing your contacts for a few days before the visit.
- A list of any health conditions or allergies
- A list of all medications and supplements you take
- A list of any specific questions you have about your eye health
- Your medical insurance information. Most policies don't cover routine eye care, but if there is a diagnosis, such as dry eyes or glaucoma, you might get coverage. Vision insurance will cover some routine eye care, but most ophthalmologists (MDs) don't take part in these plans.

## What Happens During the Visit?

After you fill out new-patient paperwork, you'll go to the exam room to meet the Optometrist /Doctor. The exact type of exam will vary. But here are some things you can expect:

- **Patient history:** Your optometrist/doctor will ask about your general health and any family history of eye diseases.
- **Vision tests:** The optometrist/doctor will check your close and distance vision. You'll read from charts of random letters. She may also test other aspects of your vision -- like your ability to see in 3-D, your side vision (called peripheral vision), and color perception.
- **Tonometry:** This is a test for glaucoma. After numbing your eye with an eye drop, the doctor will measure the eye pressure with a puff of air or by using a device called a tonometer..
- **Eye exam:** He/She'll check all the parts of your eye. You may need drops to dilate -- or widen -- your pupils. This gives the doctor a clear view of the inside of your eye. These drops makes your eyes sensitive to light for a few hours. You'll need to wear sunglasses until they wear off. You may need someone to drive you home. The doctor will as also check your peripheral vision and how well your eye muscles work together.
- **Other tests:.** Eye exams can help spot early signs of glaucoma, diabetes, high blood pressure, and arthritis. If the doctor finds anything odd, you may need a follow-up with your regular doctor or a specialist.

## How long will it take?

If it's your first visit to your new eye doctor, allow an hour or two. That includes time to get the exam and to get fitted for a prescription if you need it. Later appointments won't take as much time.