

What Happens at an Eye Appointment?

It is important to attend regular eye medical appointments to ensure the student's eye health, check for prescription updates and overall review of their visual needs.

Students may see an Ophthalmologist or Optometrist or both on a regular basis.

Typically, what happens at an eye appointment is:

- › Imaging – several tests may be taken at the office, prior to seeing the Doctor, that take images / pictures of the eyes.
- › Distance vision will be assessed in a darkened room with a lighted eye chart. They will be asked to read lines of letters/symbols. If they are unable to read these formats, the Doctor may assess in alternate ways.
- › Near vision will be assessed with a near vision card with letters/symbols. If they are unable to read these formats, the Doctor may assess in alternate ways.
- › Depending on the assessment and eye condition, the Doctor may also do other assessments (color, contrast, depth perception, eye motility, fields).
- › Eye pressure test – this can be done with an instrument that touches the eye or with a poof of air to the eye.

Eye Glasses Prescription & Updates – this can be assessed in several ways:

- › Having the child look through lenses and say what is better for them for both near and distance viewing.
- › Using a piece of equipment called an autorefractor to determine their prescription. The child will need to sit still and look through the autorefractor viewer.
- › Eye drops to dilate the eyes may be given so the Doctor can look at the back of the eyes and assess overall eye health.
- › Contact lenses – if the student wears contacts, they will be asked to take them out for the assessment. They will also be examined wearing their contact lenses.