

LEDERMAN AND LEDERMAN, LLP

**Martin E. Lederman, M.D.
Carolyn R. Lederman, M.D.
Gennifer J. Greebel, M.D.**

YOUR CHILD'S FIRST EYE EXAM

There is no need to worry about your child's first eye exam. Your child does not need to read or know the alphabet to have his or her vision checked. We take special care to make sure that the visit is an enjoyable experience - from a comfortable waiting area to a child-friendly office space and things to play with in the examination rooms.

What questions are asked during the examination?

Your child's eye exam begins by discussing any concerns you, another doctor, or your child has. We will ask about any problems with the pregnancy or your child's birth and if your child's growth and development have been normal. It is important to know if there are any eye problems in the family.

Please bring a list of any medicines your child takes, including dose. If he or she already wears glasses or contact lenses, these should be brought to the exam. You should bring the contact lenses boxes, not just the lenses themselves. The names and addresses of other physicians who treat your child should be supplied so that they may be informed of our examination findings.

Parts of an eye exam.

The specific eye exam will depend on why your child is being brought to our office.

Most children ages 2 or 3 and older will start by having some simple measurements by one of our assistants. Some are done with special machines and others are by identifying colors and testing 3-D ability.

You will then meet the doctor.

After discussing the reason for the visit, we will evaluate your child's vision. Many parents are surprised that a complete eye exam can be performed on children of all ages. We can determine how well even the youngest child sees based on the way he or she uses the eyes to look at and follow attractive toys or lights.

For older children who can talk, but do not yet know their numbers or letters, picture charts are used.

We will assess your child's ocular alignment (eye position) and movements. We will determine if the eyes work well together (fusion and 3-D vision). We will look at the pupils, the front of the eye and the back of the eye. Our techniques vary depending on the age of your child, but we can successfully examine children from newborns to teens.

Why are eye drops needed?

One of the most important portions of the eye exam is the dilation of pupils with eye drops. This not only allows us to view the inside of the eyes, but also the dilating drops temporarily relax a person's focusing power so that the refractive error (nearsightedness, farsightedness, or astigmatism) can be accurately measured. ***After the eye drops have been administered, it takes about 30-40 minutes for them to be fully effective. Expect to be in our office 1 ½-2 hours.*** We have toys and video in the waiting area to make the wait time pass quickly. Please do not eat in the waiting room. If your child needs to eat, please take him or her out of the office. There is a café in the building across the back courtyard (open 7am-3pm).

The drops typically last until the next morning, but in light-eyed people, the effect can be longer. There is no need to be concerned if the pupils stay

dilated for longer than a day. The focusing power usually returns sooner than the pupils return to normal size.

How do you know if my child needs glasses?

By shining a beam of light into the eye (a retinoscope), we can see how that light reflects off the back of the eye. By placing lenses in the path of this reflection, we can measure your child's refractive error (nearsighted, farsighted or astigmatism). This is a different technique from that used to prescribe glasses in adults. Normal visual development depends on focused images being sent from healthy eyes to the visual center in the brain.