**What is Dilation?**

The dilation process is fairly simple: a doctor or technician instills eye drops that make your pupils expand. The pupil is the ‘window’ that the doctor uses to examine the back segment of your eye – the retina and the vitreous fluid. In order to examine the posterior segment, your doctor will generally use an instrument (ophthalmoscope) that incorporates a light and a magnified viewing system. Without dilating drops, we can see around 60% of the retina and the optic nerve that is located in the back of the eye.

A dilated exam will better reveal ocular conditions such as macular degeneration, retinal detachments, retinal tears, swelling, hemorrhages, vitreous infections, tumors, glaucoma and cataracts. After the drops take effect, your doctor can get a much better view of your retina, optic nerve and vessels in the back of the eye. A dilated exam can also reveal problems associated with ‘whole-body’ diseases like diabetes, vascular disease and hypertension. Finally, with dilation a doctor can identify conditions still in their early stages and often without symptoms – helping us to minimize long-term vision loss.

There are things to think about before you decide if we should dilate your eyes:

1. It is not a good idea to have any activities after your appointment that require crisp vision. (Plan to read the stock market page another time.)
2. Dark sunglasses will help with some of the glare and brightness after dilation. Don’t worry if you forget yours; just ask for a disposable pair as you check out.
3. Some people have problems seeing to drive even with sunglasses.
4. Dilation usually lasts between 4-6 hours.
5. After the drops are place you need to wait 15-30 minutes for the medication to take effect.
6. If you have diabetes you need to have your eyes dilated once a year.
7. With some types of insurance, an eye exam with dilation is more expensive than one without dilation.

**Would you like your eyes dilated?**  
Yes  No

**What is refraction**

Refraction is the process of determining what your eyeglasses prescription should be. We usually start by taking a picture of your eyes and then have you refine the prescription by answering questions while looking at an eye chart through different lenses. Some medical types of insurance do not cover refraction. Medicare does not cover refraction. Vision insurance does include this in their coverage without additional charge. The charge is 75.00.

**Do you want a refraction?**  
Yes  No

Name: _______________________  Signature: ______________________________