

Eye & Vision Care Facts

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Your child's pediatrician recommends an eye exam.

Your child's pediatrician has conducted a screening of the health of your child's eyes and has referred her/him for a comprehensive eye examination with an eye care specialist.

Common reasons for eye health concerns are:

- Poor visual acuity (ability to read an eye chart).
- Concerns about near or distance vision.
- Double or blurring reading vision.
- Eyes turning out or in (crossing).
- Injuries to or near the eyes.
- Drooping or swollen eyelids.
- Unusual physical examination findings.
- Family history of eye disease or poor vision.

Your child's eyes may have also been tested with an instrument called a photoscreener. This instrument uses an infrared camera to quickly assess the focus point of each eye to detect potential problems.

Components of a Pediatric Comprehensive Eye Exam:

- Review of History
- Visual Acuity
- Pupil Evaluation
- Eye Movements
- Alignment of Eyes
- Depth Perception
- Color Vision
- Intraocular Pressure
- Visual Field Testing
- Refraction
- External Eye Health
- Internal Eye Health

The eye care specialist will then discuss the results of the exam and recommend a plan of action to address any concerns.

What to Bring:

- Insurance card(s)
- List of medications
- Any previous glasses or glasses prescriptions
- Pediatrician's contact information
- A small favorite toy to pay attention to
- Snacks and water

All patients under 18 should be accompanied by a parent or legal guardian.

Remember that a child's first eye exam may take some extra time!

Getting ready for your child's eye exam.

If this is your child's first eye exam, it is a good idea to talk to them about what to expect at the eye doctor before their appointment. Let them know that they will be looking at letters, numbers, and pictures for the doctor to see how well their eyes work, and that the doctor uses some bright lights to see outside and inside their eyes.

Does my child need to get her/his eyes dilated?

For the most thorough evaluation of the eyes, it is recommended that most patients get dilation drops as part of their eye exam. Dilation allows for a much better view of the structures of the eye and relaxes the eye's focusing muscles for better understanding of the most appropriate glasses prescription.

A first eye exam sets your child up for a lifetime of healthy vision!
For more questions, contact your pediatrician or eye care professional.