Tips for Your Next Optometry Visit

1. If you wear contact lenses, please wear your contact lenses to your appointment.

2. Please bring your contact lens prescription or the boxes of the contact lenses that you are wearing.

3. Bring your prescription eyeglasses to your appointment.

4. If you scheduled an annual eye exam, plan to have your eyes dilated. Dilation allows the optometrist to better assess the health of the back of your eye. After the dilation, you will not be able to read clearly and you'll be sensitive to light. Your eyes will return to normal in approximately 4 to 6 hours. Please bring sunglasses and do not plan to drive until your eyes return to normal.

5. If you cannot be dilated at the time of your eye exam, a retinal image (Optos) is available for an additional charge. This retinal image can be taken without dilation drops (hence it will not impair your vision). It can reveal to the optometrist more of your ocular health though it does not reveal as much a full dilated eye exam. Optometrists may recommend that both tests be conducted.

6. Check your insurance eligibility prior to your appointment.