

Information for parents about
**What To Expect at Your Child's First
Eye Examination**



Why has my child received this appointment?

Your child has received this appointment as another healthcare professional has asked us to carry out an assessment of your child's eyes. This may include:

- Community Optometrist (optician)
- GP
- Health Visitor
- Nursery (Pre-School) Vision Screening Team

Who will my child see?

Your child will see 2 healthcare professionals.

1. **An Orthoptist** - who will measure your child's vision, assess their eye movements and how well both eyes work together as a pair (binocular vision).
2. An **Optometrist** - who will check that your child's eyes are healthy and decide if they need glasses.

Please note that we are a teaching hospital, so we may ask your permission to have students observing or carrying out some of the examination. You have the right to decide if you wish to take part in student teaching.

Eye drops

Once the Orthoptist has carried out their examination, they will put drops into your child's eye. These enlarge (increase) the pupils, and relax the focus, which will make your child's vision blurred. We may need to put in 2 drops if your child has darkly pigmented eyes.

These drops take between 30 – 45 minutes to work. The blurring should reduce after a few hours, whereas the pupils can take up to 24 hours to return to a normal size.

These drops are essential for the Optometrist to do their assessment.

How long will the appointment last?

The appointment may last up to 90 minutes.

What should I bring to the appointment?

Please bring any glasses that your child has.

It may be helpful to bring sunglasses or a sun hat as the eye drops may make your child's eyes more sensitive to light than normal.

Can I child attend nursery or school after their appointment?

Your child will have blurred vision after the assessment, but in most cases, it is fine for them to attend nursery or school. We recommend telling their teacher that they have had eye drops in.