

Your First Office Visit

At Knoxville Pediatric Ophthalmology, we are committed to providing the best care possible for your child. We strive to make each visit to our office as pleasant as possible for our patients and their families. The examinations are performed by our physicians and our orthoptists. Orthoptists are medical professionals who have specialized training in working with children and are able to analyze eye muscle and movement disorders.

Below, you will find some important basic information for new and returning patients to help prepare for your visit.

What to Bring to Your First Appointment:

- Your child's medical insurance cards
- Your driver's license or government issued ID card
- A copy of the patient information forms to expedite your check in process
- A list of all of your child's medications (prescription and over the counter)
- The names and contact information of the other doctors your child is currently seeing
- Any prescription glasses your child wears
- Sunglasses (if desired) for your child to wear home after the exam

What to Expect During Your First Appointment:

- The first visit to the pediatric ophthalmologist is a comprehensive evaluation that will take up to two hours.
- We will test your child's vision through a number of techniques that allow us to test babies, preverbal children, and children able to read the eye chart. We use matching games, letter recognition and even pictures. Each eye will be checked separately, which is important because a child can function normally even if one eye has decreased vision and the other eye sees well.
- We also check the muscle function of each eye and the ability of the child to use both eyes together. We check for any form of strabismus (the condition where the two eyes do not work together and allow for the brain to develop depth perception).
- We evaluate the health of the front portion of the eyes, and the way the pupil reacts to light.
- All new exams include a dilated eye exam of both eyes with eye drops. Dilation takes 30 to 45 minutes. This important part of the exam will allow the doctor to look at the inside and back of

the eyes and check the health of your child's lens, retina and optic nerve. Dilation also helps us measure the focusing system of the eye to determine if glasses are needed. We use ophthalmic equipment to determine the focus point of the eye even in children who cannot yet read the eye chart. We check for near sightedness (myopia), farsightedness (hyperopia) and astigmatism. We also check that both eyes are in similar focus so that they work together.

- After the exam, the pupils will remain dilated for several hours. This may result in some mild blurring of near vision as well as increased sensitivity to sunlight.
- After the examination, your physician will discuss the results of the exam with you and answer any questions you might have.