

EXPLAINING DILATION

This document is to help you, the patient, better understand the reason why it is recommended that you have a dilated exam.

The dark circle in the center of your eye is known as your pupil. Under normal circumstances, when a light is shined into your eye your pupil constricts or gets smaller. This prevents the doctor from being able to see your entire retina. Your retina is the tissue that lines the interior of your eye and contains photoreceptors that allow you to see.

Dilation is the application of drops into your eyes. As a result of the drops, your pupils become enlarged. The doctor would now be able to perform a complete internal examination of your eye. It is recommended that all patients get a dilated exam, as this could uncover internal eye problems. It is especially recommended for Diabetics and patients over the age of 40.

After a dilated exam you will experience light sensitivity and blurry vision for approximately 4 to 6 hours. The length of time varies per individual patient. You will be provided sunglasses following the dilated exam, but it is recommended that you bring along a driver.