

# Caring for your eyes

## What happens during an eye exam?

During an eye exam, your doctor may perform several tests to check your vision and evaluate eye health.



### The classic eye chart test

Your doctor may ask you to find the smallest line of letters on the chart you can see and read. This will help to determine the sharpness of your vision and if you need a corrective prescription. The test may also be done using a phoropter, a device with several lenses.



### Pupil Dilation

Your eye care specialist may use drops to dilate your pupils and then examine the optic nerve and retina. The pupil is a black hole located in the center of the eye that allows light to strike the retina. The retina is in the back of your eye and converts the light into electrical signals that your optic nerve then sends to your brain. This creates the images you see. The doctor will observe how your pupils adjust to the introduction of objects and light.

Your vision may be blurry for several hours after the exam. You should avoid driving, reading and looking at screens.



### Disease Screenings

Your eye doctor may check for a wide range of conditions, diseases and disorders that aren't necessarily eye related. Problems or changes in the eyes can be a sign of several conditions including autoimmune disorders, diabetes and high blood pressure.

## When to have an eye exam

Regular eye exams are recommended for individuals of all ages. However, there are important signs that may prompt a visit to the eye doctor, including:

- **Persistent headaches**
- **Seeing spots, floaters, or bright flashes**
- **Redness, irritation, or pain**
- **Dizziness or changes in your vision quality**

***It's estimated that half of visual impairment and blindness can be prevented through early diagnosis and timely treatment.<sup>1</sup>***

<sup>1</sup> Vision Health Frequently Asked Questions | CDC