

Citrus Valley Eyecare

475 W. Badillo Street, Covina, CA 91723 Tel.: (626) 732-2200

An eye exam can do much more than determine your need for corrective eyewear. In fact, comprehensive eye exams that include dilation are important to help your eye doctor see the early symptoms of both vision-related and overall health problems.¹

Benefits of Dilation

When your eyes are dilated, the doctor can view a larger portion of your retina, including the blood vessels and optic nerve. This allows the doctor to see early signs of damage that could be indicators of serious conditions such as diabetes, tumors, high blood pressure, infectious diseases, macular degeneration and retinal detachment.²

While new technologies are available for viewing the retina, none has proven as effective as dilation. Factors such as age, medical and eye health history, other vision symptoms and previous eye exam results may increase the importance of dilation for you specifically.²

What to Expect

If your doctor recommends dilation, he or she will put special drops in your eyes to cause the pupil to widen. They take only a few minutes to take effect. The doctor will then use a special magnifying lens and a light to examine the retina and optic nerve.

Afterwards, the doctor will discuss any findings and necessary follow-up. The doctor will also note the findings in your records for comparison at future eye exams.

While your eyes are dilated, they will be more sensitive to light. If you do not have sunglasses with you, the doctor's office will likely have disposable shades for use as you leave. You may also find it more difficult to perform close-up tasks until the drops wear off, usually within a few hours.

Simple and painless, eye dilation is a critical component of your eye care. Though you may experience some mild inconvenience for a few hours afterwards, the minor issues are well worth the potential benefit of detecting the early signs of possible eye conditions and other diseases.