

**The eye examination:** how it takes place and how to prepare. Image depicting a table for the eye examination, called the Snellen table. It is always advisable to carry the records of previous examinations with you. Those who wear contact lenses should wear glasses, on the day before the visit and on the day itself, if they are to undergo a corneal exam.

## This, in fact, is temporarily deformed by contact lenses.

In any case, you must bring the lenses and / or glasses you are wearing with you, so that the doctor can assess whether they are suitable or need to be changed. It is also a good idea to bring sunglasses, in case the doctor may deem an examination with dilating drops necessary. Pupil dilation, in fact, leads to greater sensitivity to light and the inability to focus, symptoms that are incompatible with driving.

### How does an eye examination take place?

At the beginning of the examination of the ophthalmological patient, the doctor asks questions useful for the diagnosis (anamnesis), in which he inquires about the possible symptoms of visual disturbances and their onset, about any previous problems related to the eyes and about familiarity (the presence of eye diseases in family members).

- He then goes on to the physical examination, in which he examines the eye, eyelid, conjunctiva, cornea and pupil.
- During the visit, the ophthalmologist investigates many parameters relating to vision. First of all, he evaluates visual acuity from far and near.



For the distance one he uses a measurement table for the sight from Lotano (or Snellen table) placed at 6 meters from the patient, on which the person must recognize numbers, letters or signs of other nature.

For near vision he uses a card that the patient must read about 40 centimeters away from the face.

The ophthalmologist uses a stylus torch to examine the pupil, thus verifying that it reacts correctly to light. He then checks for refractive defects such as astigmatism thanks to the pinhole foramen, an opaque disc with a hole in the center placed in front of the patient's eye.

The patient must then look in 8 different directions, following a finger or a light, so that the ophthalmologist can identify any abnormalities in the functionality of the eye muscles (weakness, coordination and muscle control).

- The examination for strabismus and amblyopia (lazy eye) is similar: the person must stare at an object more or less distant while the eyes are alternately covered.
- Tests for the assessment of color blindness, called Ishihara's table
- To evaluate color vision (color blindness test), the ophthalmologist will use a series of cards with Ishihara's tables, circles where shapes or numbers are hidden that the person must identify.

In the stereopsis test (depth vision) cards are also used, but the patient will wear special glasses and on the tables he must indicate which drawings are further away or closer to him. For the evaluation of any

pathologies of the macula (bottom of the retina) the Amsler test is used, a card on which there are grids of which the patient must evaluate the presence of any anomalies.

The doctor then observes the eye and the edges of the eyelids with a portable ophthalmoscope (a kind of flashlight with a magnifying glass) to obtain more information about possible vision defects and look for inflammation, foreign bodies and other abnormalities.

**The doctor may also deem necessary some tests that require the use of drops.**

A local anesthetic (in the form of eye drops) reduces the burning and / or painful sensations that result from certain tests that require the eye to be touched or from substances useful for diagnosis such as fluorescein (a dye used to detect abrasions or ulcers cornea). It is also useful if the doctor needs to remove foreign bodies from one eye.

- Another eye drop widely used by ophthalmologists is the mydriatic one, that is, the one that dilates the pupils.
- It allows the ophthalmologist to visualize the fundus eye well during the fundus oculi examination or other diagnostic tests.
- The effect of the dilating drops occurs within half an hour of administration and disappears after a few hours.



In this period of time it is not possible to drive, because it will be difficult to focus, therefore it is recommended to be accompanied to the eye examinations. These eye drops can trigger allergic reactions, but doctors will know how to assess the situation and, later, use different drops that will not have these effects.

**Pediatric eye examination** The eye examination for children is recommended at birth, around 3 years old, around 5 years old and 11 years old. If children have vision problems they can be identified through certain behaviors, such as keeping the eyes slit, incorrect postures while writing or looking at screens. Poor concentration at school can also indicate the presence of visual disturbances.

*Depending on the age of the child, the doctor will check different parameters. In newborns, doctors evaluate the possible presence of congenital diseases and strabismus, assessing the coordination of the eyes and observing the inside of the eyeballs with a flashlight to identify abnormalities (such as clouding of the lens).*

Subsequently, the ophthalmologist will look for visual deficits using the same tests used for adults: the ophthalmology chart for the measurement of distant vision, the ophthalmoscope to observe inside the eye, etc. Eye examination for the driving license.

To drive it is necessary that the sight works correctly, otherwise you risk to run into accidents.

**The ophthalmologist will analyze in particular the visual acuity, the perception of colors, the sensitivity to contrast, the recovery period following glare, the visual field and the vision at dusk.**

These checks must be carried out when the license must be renewed, a mandatory procedure every 10 years up to 50 years of age, every 5 years between 50 and 70 years, every 3 years between 70 and 80 years and every 2 years beyond the age of 50. 80 years of age. Free eye examination and online eye examinations Free eye exams are available in many malls and online, including tests such as Snellen's (the eye boards).

However, it must be considered that the optician, not being a doctor, cannot prescribe drugs and consequently cannot perform a series of tests (such as those that require the use of dilating drops, essential in some diagnoses). Even more limited are the tests that can be submitted on the internet. These solutions, therefore, often do not provide definitive solutions: only an ophthalmologist can establish with certainty the presence of certain pathologies and cure ocular disorders.

