

Dr. Howard Budner & Associates

DILATION

During an eye exam, it is often necessary to DILATE a patient's pupils. The dilation allows the doctor a clearer view into the back of the eye. The doctor will generally have an assistant put one or two drops of a dilation solution into each eye. The patient will be asked to wait for approximately ten or fifteen minutes to allow the dilation solution to take effect.

EFFECTS

The patient will notice that near vision will gradually become blurry and there will be a gradual increased sensitivity to light and glare. It is for this reason that we ask if the patient has brought along a good pair of sunglasses and provide a disposable sunshield for protection against light and glare.

Generally, the effects of dilation wear off within a few hours or so, gradually allowing the patient to focus on near objects more clearly until returning to normal. Sensitivity to light and glare will also gradually lessen until returning to normal.

As the effects last a short time, are mainly associated with near vision, and sensitivity to light and glare can be well assisted with sunglasses, very few people have any difficulty with the dilation process.

ALLERGIES

It is important for a patient to inform the doctor and staff if they have any allergies to medications because, in some rare cases, a patient may have an allergic reaction to dilation solutions. The reaction to the solutions can be a simple skin irritation around the eyes, an increase in blood pressure, and possibly stomach cramps. In rare instances, patients have experienced hallucinations and confusion.

DRIVING

Since the dilation of pupils can cause sensitivity to light and glare as well as decreasing near visual acuity, it may lead to a decrease in overall vision and daylight driving performance.

Wearing sunglasses or the use of disposable sunshields will greatly assist the patient, but studies have found very little evidence showing deterioration of driving ability.

Some patients feel that reducing the speed at which they are driving allows them to drive more comfortably.

BRINGING ALONG A DRIVER

Although most people have no trouble adjusting to driving while dilated, if blurry near vision combined with light and glare sensitivity makes a patient uncomfortable about driving, a good idea is to have a designated driver who can drive home.

YOUR VISIT TODAY:

During the course of your office visit today, the doctor may wish to dilate your eyes. We want you to be clear about the reasons for dilation and the effects. If you have any questions, please be sure to ask before we dilate your eyes. Our doctors and staff will be happy to answer any questions you may have.

If you have any allergies or are taking any medications, we need to know.

If you feel uncomfortable about driving home and have no one with you who could drive, let us know and we can schedule a time for you to come back for the dilated portion of the exam when you have someone who can drive you.

I have read and understand the need for and effects of DILATION and agree to have dilation if necessary.

Patient/Guardian Signature: _____ Date: _____

Or

I have read and understand the need for and effects of DILATION but have decided to decline at this time.

Patient/Guardian Signature: _____ Date: _____