

## **What is a sight test?**

You know why your eyes are precious to you, so do we. At Hammond and Dummer your eyes are the most precious things and we strive to look after them to the best of our ability. That is why you can be assured that your sight test here will be of the highest standard. First of all I will ask you about why you wanted an eye test and about any concerns you may have about your vision or your eye health. This can include tired eyes, headaches, blurred vision, or may just be because you would like a new pair of glasses.

I will ask about any previous eye problems and about any family history of eye problems. I will also need to know about any medication you may be taking as some can have side effects which affect the eyes. I will discuss how you use your eyes, for example if you drive or use computers as there are certain standards which need to be met. Also sports or hobbies may require special safety glasses. I will then check your vision and make sure that the muscles which move your eyes are working as they should. I will check the health of your eyes; this can be done by shining a light in your eyes (slit lamp or ophthalmoscope). At Hammond and Dummer we have a special camera which takes a digital image of the back of your eyes enabling us to directly compare in future tests to see if any subtle changes are occurring. Next I check your spectacle prescription, for distance and near visions. This is where I put those funny frames on your nose. It is first done using another light (retinoscope) to give a good starting point, and then by asking you very simple questions to get an accurate result. Many people think it is a test they have to pass, but really you just have to tell me what your eyes are telling you. There is no right or wrong answer. There are a few other tests I can do such as checking the pressure in your eyes (the puff of air) and checking your field of vision but not everyone needs these to be done. Once all the tests have been carried out I will discuss with you the next stage. It may be that new glasses are required, maybe contact lenses are an option, or you may be lucky enough not to need anything. The sight test takes about half an hour and hopefully it won't be too daunting. I do try to make it as relaxing and enjoyable experience possible!

Hope to see you soon.

Claire Ranger