



Ophthalmology Appointment Overview

What to Expect at Your Visit

Going to the eye clinic? Here's what a typical appointment may include, so you can feel prepared and confident.

Before You Arrive

- Please **arrive 15 minutes early** to allow time for check-in.
- Bring your health card, a list of current medications (including eye drops), and any glasses or contact lenses you use.
- Your eyes may be dilated during the visit, so consider bringing **sunglasses** and someone to **accompany you**.

Step-by-Step Overview

1. Initial Assessment

You will begin with a technician or assistant who may check your vision, eye pressure, and take some basic eye measurements or scans.

2. Eye Dilation

You may receive eye drops to dilate your pupils. This helps the ophthalmologist see the back of your eyes.

- It takes about **15–20 minutes** for dilation to take full effect, sometimes longer for dark brown eyes.
- During this time, your near vision and sensitivity to light may be affected.

3. Exam with the Ophthalmologist

Once dilated, the doctor will examine your eyes using a special microscope called a slit lamp, and often other tools.

- The light may be bright, but it won't harm your eyes.
- The doctor will check your eye health thoroughly.

4. Discussion

After the exam, your doctor will explain their findings and discuss any diagnosis, follow-up, or treatment options.



5. Time for Questions

You're encouraged to ask questions. You may find it helpful to bring a list of questions or concerns in advance.

Frequently Asked Questions

Q: How long do dilating drops last?

A: Dilation effects typically wear off after **4 to 6 hours**, though this can vary depending on the type of drops and your eye color (**longer for dark brown eyes**).

Q: Can I drive after dilation?

A: Some people feel comfortable driving, while others may be too light-sensitive or blurry. We recommend arranging a ride and bringing sunglasses just in case.

Q: How long will the visit take?

A: Appointments typically last **45 minutes to 1.5 hours or more**, especially if dilation or testing is required.

Tip

If you're bringing a completed [Pre-Appointment Questionnaire](#) (completed on EyeLingo.ca), give it to the front desk when you arrive - it will help your doctor get to know you faster!

This document was reviewed by Dr. Steve Arshinoff.