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OPD CASE SUMMARY

Name: _____ Age: _____ CRN: _____
Complaints: _____ Date: _____

PAST HISTORY:

	RIGHT EYE	LEFT EYE
VISION		
IOP		
ANTRIOR SEGMENT		
POSTERIOR SEGMENT		

Diagnosis:

Investigations:

Advise:

	Right Eye				Left Eye			
	Sph	Cyl	Axis	VA	Aph	Cyl	Axis	VA

Unifocal / Bifocal / Progressive / Executive

Follow Up

Do's and Don'ts of eye care

Do's

Eat eye friendly foods: diet rich in fruits and vegetables, particularly carrots, papaya, radish and dark leafy greens such as broccoli and spinach is important.

Drugs like antibiotics, painkillers, multivitamins are usually taken after food. Consult your physician for recommended

Always allow at least 10 minutes duration between each eye drop.

After 40 years of age, most people need reading glasses which usually progresses with age. Consult your ophthalmologist for a routine eye check up at least every year.

Computer Vision Syndrome is real-Consult your ophthalmologist to know how to prevent and treat it
"Amblyopia is irreversible"-Myth or Fact?- Although sometimes difficult to treat, amblyopia can be fully/partially corrected in children up to 8 years of age

Tell your ophthalmologist if you are already on any medications/drugs, or have allergy to any drugs

Diseases like arthritis, tuberculosis, blood pressure, diabetes need regular eye check up.

Don'ts

Do not self medicate. Use only eyedrops recommended by your ophthalmologist

Differents differently to different medications

Do not take glaucoma and diabetes lightly. Ask your ophthalmologist to measure your intra-ocular pressure and do a full eye check-up. Age 40 years & family history of glaucoma are most common risk factors for glaucoma.

Prescription eye drops such as steroids are extremely potent. Using them without the knowledge of your eye doctor for a problem that seems similar to an earlier problem is dangerous. Prolonged or indiscriminate use of steroids correct and/or glaucoma, leading to decreased vision cause

Do not stop taking medication just because you have no obvious symptoms.

Take all prescribed doses at the prescribed time, Missed doses reduce the effectiveness of treatment.

Do not increase the number or amount of medication taken at one time if some is good, more must be better does not hold true

Remember to take medications with you when you travel

How to instill eye drops

Before instilling the drops, check which eye they are meant for (e.g. left eye instead of right eye) and check the label for the right drops, expiry date or tampered seals.

Opening the eye dropper, make sure your hands are washed before handling your eye drops. Your fingers must never touch the tip of the eye dropper during opening and closing the dropper as this may contaminate the eye drops.

Learn how to take eye drops properly-tilt the head back; pull the lower lid down with the index finger, look up when putting in the drops. This will stop you from blinking, and keep the medicine from draining out of your eye too quickly. To prevent contaminating the eye dropper tip, be careful not to let the tip touch your eye, eyelid, eyelashes or fingers, do not blink repeatedly after instilling the eye drops; instead shut the eyes gently and press one finger against the lower lid where it meets your nose for at least 2 minutes-this slows down the absorption of eye drops into the blood stream. Use a tissue to blot around the eyes, but do not rub

Maintain a medication schedule and lists of treatments of doctors.

If insupportable symptoms occur when using eye drops, discuss the problem with your ophthalmologist.