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## **Frequently Asked Questions for Ophthalmologic Control in Children**

### **What is the importance of preventative ophthalmologic control in children?**

Vision develops in the early years of a child's life, from birth to about the end of the first decade. During this time the child learns to see with the effect of continuous stimuli that his visual system receives. If, for various reasons, the eye does not receive appropriate stimuli, it can cause permanent diminution of vision called amblyopia (lazy eye).

Ophthalmologic control in children is particularly important because early diagnosis and treatment of specific ophthalmological conditions that have a permanent effect on a child's vision for the rest of his life can be made.

### **At what age should my child be examined by an ophthalmologist for the first time?**

If there is no obvious eye problem, the most appropriate age for the first ophthalmologic check is at the third year, where the child can work well with the ophthalmologist. It is then advisable to examine it once a year until the age of ten or as directed by your ophthalmologist.

If a pediatrician or parents encounter a problem in the first few months of life, a check by an ophthalmologist should be done as soon as possible.

### **How can I tell if my child has a problem with my eyes?**

Indicatively, the following cases are mentioned.

In infancy - pre-school age if:

- there is a permanent or temporary deviation (strabismus) in one eye.
- does not monitor a colored or bright object with the eyes.
- has a white daughter in some eye.
- continuously rubs his eyes or has red eyes or permanently tears.

In school age if:

- reports that he / she does not see clearly or copied incorrectly from the school board.
- often has dizziness or headaches.

If you notice any of these or have any doubts, do not hesitate to contact your ophthalmologist. It should be noted that there are many instances where neither the child reports annoyance, nor does the parent feel a problem.

These can only be diagnosed in the context of preventive ophthalmological testing.





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### **What is the lazy eye and how is it cured?**

The ophthalmological term is 'amblyopia'. It is called the condition where there is diminished vision of one or both eyes, which remains despite the administration of glasses and without any other ophthalmic problem.

In order to deal with this condition, glasses are usually prescribed and, in addition, a healthy eye can be covered to practice and strengthen the other eye.

If the amblyopia is not treated until the age of 6-7, the decrease in vision is usually permanent and irreversible.

### **If the child wears eyeglasses will his grades rise?**

Applying eyeglasses improves child's vision and quality of life, but does not cure myopia / hypermetropia / astigmatism, nor does it play a role in how it will evolve in the future.

### **When can the child wear sunglasses?**

They are usually recommended after the age of 2-3 years, as at an early age there is a risk of photosensitivity or even amblyopia. In any case it is advisable to have an eye test performed by an ophthalmologist. Also, sunglasses are recommended not to be too dark and have a 100% ultraviolet (UV) absorption.

### **When is the age appropriate to wear child contact lenses?**

In theory, there is no age limit for the use of contact lenses. If there are no particular ophthalmological reasons, they are usually suggested by puberty and then. The basic requirement is the meticulous care of the lenses and the adherence to specific hygiene rules in order to avoid infections and injuries from their use

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**The Ophthalmology clinic has a special equipment and ophthalmological test, making the test a pleasant game for younger patients.**

**Doctor Theodoros Lalias has received special training in examining preschool and school age children both during and outside the specialty.**