



WHAT TO EXPECT AT YOUR FIRST VISIT

Nathan Rudometkin MD

We're Glad You're Here

Whether you've been referred by your eye doctor or primary care physician, or you're coming in on your own, our goal is simple: to give you clear answers and exceptional care. Here's what to expect so your visit feels comfortable and familiar.

Before You Arrive

- Bring your ID, insurance card, and a list of current medications
- Bring any eye drops you currently use
- Plan to arrive **15 minutes early** to complete paperwork
- Your eyes will likely be dilated, which temporarily blurs vision and increases light sensitivity — having a driver is helpful, but not required. Many patients drive home comfortably with sunglasses

Your Visit Step by Step

Check-In

Our team will greet you, verify your information, and get you settled.

Imaging & Testing

Before seeing the doctor, you may have photos or scans taken of your eyes. These are quick and painless. During some scans you may notice brief flashes of light — this is completely normal. Common tests include:

- **OCT (Optical Coherence Tomography)** — a detailed cross-section scan of your retina using light reflections
- **Fundus Photography** — photos of the back of your eye
- **Fluorescein Angiography** — occasionally used to map blood flow in the retina (you'll be informed in advance if this applies to you)

Dilation

Eye drops will be used to widen your pupils so Dr. Rudometkin can examine your retina thoroughly. Dilation takes about 20–30 minutes to take full effect. Your vision may be blurry and you may be sensitive to light for several hours afterward — sunglasses are helpful.

The Exam

Dr. Rudometkin will review your imaging, examine your eyes, and discuss his findings with you directly. We believe in clear, honest communication — please don't hesitate to ask questions.

Next Steps

Before you leave, our team will review any treatment plan, schedule follow-up visits, and make sure all your questions are answered.

Your Visit May Take 1–2 Hours

Retina visits are thorough by design. Between imaging, dilation, and your exam, please plan accordingly. We respect your time and will keep things moving.

A Note From Dr. Rudometkin

“Retina conditions can feel overwhelming when you first hear about them. My goal is always to make sure you leave with a clear understanding of what’s happening with your eyes and confident in our plan moving forward.”

Questions before your visit? call/TEXT us at 949-534-4000
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LAGUNA RETINA