

Equip Your Examination Room: A Checklist of Office Essentials

DILATING DROPS:

- Paremyd; 1% and 0.5% tropicamide; 2/5% and 10% phenylephrine

ANESTHETICS:

- 0.5% proparacaine; a combination of 0.25% sodium fluorescein with a topical anesthetic (i.e., Fluress, etc.)

CYCLOPLEGICS:

- Cyclopentolate 1%; homatropine 5% and/or scopolamine 0.25%

OINTMENTS:

- A combination antibiotic/steroid (e.g., TobraDex or generic Maxitrol), and an antibiotic such as Polysporin or a generic equivalent

MEDICATIONS:

- Acetazolamide (Diamox) 250mg tablets (for acute angle closure)
- Pilocarpine 2% for acute angle closure
- Timolol, brimonidine, prostaglandin samples
- Artificial tears samples, particularly Soothe XP and Systane Balance
- Lotemax Gel-Drop samples
- Betadine 5% ophthalmic prep solution (for treating acute EKC)

MISCELLANEOUS SUPPLIES AND INSTRUMENTS:

- Fluorescein strip
- Oval eye patches
- Sterile and non-sterile cotton swabs
- Alcohol prep pads
- Post-mydriatic sunglasses (adult and child sizes) with temples and drop-in
- Sterile irrigating solution
- One-inch Micropore tape for patching
- 25-gauge, 5/8in needles for foreign body removal and/or rust ring fragmentation
- Trial lenses
- Lissamine green sterile strips

INSTRUMENTS:

- Icare (rebound) tonometer (to replace air puff)
- AdenoPlus (For ruling in-or-out adenoviral infection)
- Hand-held applanation tonometer (Kowa or Perkins brand)
- 4-mirror and 3 mirror gonio lenses
- Alger brush
- Plano and convex handheld mirror
- Anterior stromal puncture needles
- Syringe barrels, for use as holders for straight or ASP needles
- Scleral Depressor (Wilder)
- Loupes for inserting punctual plugs and other procedures
- Stethoscope and sphygmomanometer
- Color vision test
- Stainless steel instrument tray with sharp tipped jewelers forceps; epilation forceps; foreign body removal instrument; Shahinian cannula for lacrimal irrigation; #2 Desmarres lid retractor to facilitate double eversion; Simpson lacrimal dilator; curve-tipped iris scissors (large)*
- Exophthalmometer
- BIO (20D or similar) condensing lens
- 90D (or equivalent) condensing lens to enable slit lamp ophthalmoscopy
- Loose prisms
- Stereopsis test
- Assorted patient education materials

* Most of these instruments can be obtained via Bausch & Lomb Surgical (www.storzeye.com) (1-800-338-2020), among other companies