



What to Expect: OCT Imaging

Optical Coherence Tomography — Patient Information

What Is OCT?

Optical Coherence Tomography (OCT) is a scan that produces detailed cross-sectional images of the retina — similar to an optical ultrasound. It lets your doctor see the individual layers of the retina and detect swelling, fluid, or thinning that cannot be seen during a routine eye exam.

Our office uses advanced OCT technology from Heidelberg Engineering.

What OCT Helps Us Diagnose and Monitor

- Macular degeneration
- Diabetic macular edema
- Retinal swelling or fluid
- Macular holes
- Epiretinal membranes
- Changes over time compared to prior visits

What to Expect

- **The test is painless.** Nothing touches your eye, and no dye or injection is used.
- You will rest your chin and forehead against a padded support and look at a target light.
- The scan itself usually takes **only a few minutes**.
- Your eyes may be **dilated** beforehand to give us the clearest possible images.
- You may see a brief flash or a moving line of light — this is normal.
- Holding still and blinking normally when asked helps us capture a clear scan.

After the Test

- There are **no restrictions and no recovery time** from the OCT itself.
- If your eyes were dilated, expect blurry near vision and light sensitivity for several hours. Sunglasses help, and you should arrange for someone to drive you home.
- Your doctor will usually review the results with you at the same visit.

Why we may repeat this test

OCT is most useful when we can compare scans over time. Repeating the scan at follow-up visits is how we measure whether a treatment is working and whether your treatment interval should be extended or tightened. A repeat OCT does not mean something is wrong.

If you have questions about this test, please call our office at **847-488-1030**.