
OPHTHALMIC CONSULTANTS OF BOSTON

OCB VISIONS

December 2022



*All of us at OCB wish you and your family
all of the joy that comes with the season!*

'Tis the season of giving



Plymouth Laser & Surgical Center staff displayed donations of toys they collected for children served by the MA Department of Children and Families. Thanks to all who donated!

Protect your eyes from holiday hazards!

Winter eye hazards aren't always easy to spot, but here are a few to be aware of this holiday season.



Watch out for pine needles!

Winter wonderlands may be festive and bright, but a common hazard for your eyes is pine needles that can poke you as you reach to hang an ornament. Also, beware of tree branches which can snap back and hit your face.

If you experience eye pain, a feeling that something is stuck in your eye and/or tearing, you may have scratched your eye. While some eye scratches heal by themselves, an eye exam can determine if the injury is more serious than it seems. It's best not to take chances, as a corneal abrasion can cause lasting damage to your vision.

If your eye has been cut or punctured, seek emergency care right away. A blow

to the eye from a tree branch, for example, could damage the eye's internal structure and cause conditions as serious as glaucoma or retinal detachment.

While you are waiting for help, DO NOT rinse the eye or attempt to remove an embedded object. Gently cover your eye with a protective cover, such as the bottom of a paper cup, without applying pressure. Get to an eye doctor as soon as possible.

Prevent snow blindness and sunburned eyes



Snowy conditions warrant keeping those sunglasses on, especially when spending prolonged time outdoors. Yes, your eyes can get sunburned in the winter! Bright sunlight reflecting off of snow, ice or water can burn your eyes and cause a painful condition called snow blindness (photokeratitis). It can happen quickly — and by the time you experience pain or blurry vision, the damage has

already been done. Snow blindness often heals on its own in a few days, but prolonged winter sun exposure can raise your risk of cataracts and growths on the eye. Severe UV exposure can even damage your retina, causing permanent vision loss.

Whether you're sledding down a hill in your backyard or skiing down a mountain over the holidays and throughout the winter, it's important to wear wrap-around snow goggles or sunglasses that block at least 99% of UV rays!

Open champagne bottles safely

If you plan on opening champagne during your holiday celebrations, be sure to use the proper technique. This can prevent serious injury to your eyes and protect bystanders as well. Simply rotate the cage tab six half-turns, hold the bottle at a 45-degree angle pointing away from people and press down on the cork with your thumb, while firmly twisting the bottle.

Did you know you can use flexible spending on protective eye wear?

As 2022 draws to end, and you are looking for ways to use your flexible spending plan funds, consider that FSA plans can be used in the following ways:

- New glasses, swimming or ski goggles
- Contact lenses and supplies

OCB Updates

Update on pediatric and strabismus care

Vito LaRocca, MD, who specializes in pediatric ophthalmology and strabismus, is leaving OCB and moving his practice out of state this month (December 2022). If you receive your pediatric and/or strabismus care at OCB, please see the attached list of local recommended pediatric and strabismus associates in the area [HERE](#). If you already have an appointment scheduled with Dr. LaRocca, his team either already has or will be reaching out to you to reschedule at one of the practices listed. Please contact OCB at PediatricsOCB@eyeboston.com with any questions you may have.

Patient safety

Updated COVID boosters and flu vaccines are available at your local pharmacy. Vaccines are recommended to help prevent infection and severe illness and we encourage our patients to stay up to date on their vaccines. All OCB practices require staff and patients to wear masks and maintain physical distance. To protect our patients and keep the number of people in the clinic space at a minimum, OCB is restricting the number of visitors allowed in the clinic. In addition, patients and their visitor will be screened for symptoms and must wear a mask at all times.

If you are experiencing any of the following symptoms, OCB requests that you call us and let us assist you in rescheduling your appointment: fever, sore throat, cough, runny nose, headache, muscle aches, loss of smell/taste, or shortness of breath. You will not be charged for rescheduling, even if it is within 24 hours of your appointment.

Schedule your visit through Patient Gateway!

Did you know you can request an appointment through your Mass General Brigham Patient Gateway account?

If you are already a patient with us, you can easily request an appointment through [Patient Gateway](#)!

Here's what to do:

1. Once you have logged on to the [Patient Gateway](#) site, select the "Visits" tab.
2. Here you will find a "schedule your appointment" tab.
3. That will bring you to a list of your doctors.
4. Here you can request an appointment. Select your OCB eye doctor to request a convenient appointment date and time.

If you do not yet have a [Patient Gateway](#) account, we recommend setting one up. Through the secure portal you can not only request appointments, but you can message your doctor directly, view test results and pay your medical bills online! Just go to [Patient Gateway](#) and follow the steps to create an account.

If you are a new patient, you could also request your first visit through the [website](#).

SCHEDULE YOUR EYE EXAM

WELCOMING NEW PATIENTS

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