

MY CORNEAL HEALTH ADVOCACY CHECKLIST

Bridging the gap from your primary eye doctor to a corneal specialist, including BostonSight.



BEFORE YOUR APPOINTMENT: TRACK YOUR SYMPTOMS

"My eyes hurt" is too broad for a diagnosis. Document the specifics:

	The "Visual Impact" List: Note how your symptoms affect your life. (e.g., "I can only drive for 10 minutes before my vision blurs," "I cannot use a computer for more than an hour.")
	Track Triggers: Note if your pain/redness is worse in the morning, evening, or in specific environments.
	Failed Treatments Log: List every drop, ointment, or warm compress you have tried and for how long. Specialists need to know what hasn't worked.
	Note "Red Flags": If you have experienced sudden light sensitivity, "foreign body" sensation that won't go away, or cloudiness, put these at the top of your list.



DURING YOUR APPOINTMENT: ASK FOR THE REFERRAL

If your current treatment has stalled, use these talking points to request a corneal specialist:

	Inquire About Specialized Exams: Ask, <i>"I'm interested in what tests we are doing to evaluate my cornea health- do we already do Fluorescein staining, TBUT (Tear Break-Up Time) and other tests? What do they show?"</i>
	The "Standard of Care" Question: If a new drop is suggested, ask: <i>"Is this a temporary fix, or is it time to see a corneal specialist to address the underlying surface disease?"</i>
	The Direct Ask: <i>"I feel my condition is complex and impacting my quality of life. I would like a referral to a corneal specialist for further evaluation."</i>
	The Insurance Link: Ask the office staff, <i>"Do I need a formal written referral for my insurance to cover a visit to a specialist, or can I self-refer?"</i>



AFTER YOUR APPOINTMENT: SECURE THE SPECIALIST VISIT

	Confirm the Referral: Call the specialist's office 48 hours later to ensure they received your records and the referral from your primary doctor.
	Request "Stat" Records: Ask your primary doctor's office to send your most recent slit-lamp exam notes and any topography maps to the specialist before your arrival.
	The "Waiting List" Hack: Specialist wait times can be long. Ask to be put on their cancellation list to get an earlier opening.