

Do-It-Yourself Face Shields for Indirect Ophthalmoscopes

Design by Dr. Derek Dunphy, Comprehensive Ophthalmologist, St. John's, NL



This shield is made from a flat piece of face shield normally used to attach to a hard hat. I sourced it at one of our industrial supply stores. You just need to cut out a notch, drill a couple holes on the ends, wrap it around and attach. Works well. Stay safe.



Dr. Colin Mann offered the following suggestion for a slight modification with materials he found easily available at Home Hardware.

The face shield is like the one Dr. Dunphy used and is stocked at Home Hardware with a cost approximately \$10 each or \$20 for two. Installation will vary with make and model of your indirect ophthalmoscope. I used industrial-strength Velcro to attach the shield to the headband of the indirect ophthalmoscope. I found the clarity of the shield to be sufficient to allow to me to look through and then through the oculars and maintain a good view. Your model of ophthalmoscope will likely dictate whether you use Velcro or drill holes in the shield and attach it that way. In either case, you will likely need to notch the shield to accommodate the mount for the oculars. The material can be cut with any sturdy pair of scissors or scored with a box cutter (resting on a wood block).

