


Can a camera flash really cause blindness in a baby?

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"Camera flash blindness": true or false? And how should you be looking after your little one's eye health, anyway? Find out in this article...



Camera flash blindness: The picture of the baby who reportedly was partially blinded by a camera flash.

Image source: EuroPics [CEN]

You may have read [news reports](#) about a baby who reportedly suffered from blindness in one eye and partial blindness in the other, after a camera flash went off in close proximity to his eyes.

At **theAsianparent**, we wanted to find out if “camera flash blindness” is in fact an actual medical condition. After all, we all love snapping gorgeous close-ups of our kids and we certainly don’t want any harm to come to them because of this.

So we did some research of our own on this topic and eye health in general for kids. We also spoke to **Dr Zena Lim**, the Medical Director of the [Children’s Eye and ENT Centre](#), for her expert opinion on these matters.



The occasional camera flash or bright light will not damage your baby’s eyes.

De-bunking the myth

“I would like to debunk the myth that an occasional camera flash/ bright light can damage a baby’s eyes or eyesight,” says Dr Zena.

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However, even with multiple examinations (if required for an eye problem) this bright light does **not** damage a baby's retina or eyesight... and neither will the occasional camera flash.

Dr Zena cautions that what *can* damage a baby's eyesight and retina is medical grade laser in certain wavelengths—you certainly should not be using this type of laser light anywhere near your baby.

Did you know that a photograph of your child taken with a flash could potentially reveal eye problems? More on this on the next page.