

# contact lenses

see clearly,  
see freely,

see the possibilities  
ask about contact lenses today!



Do you play sport, socialise, cook, and generally lead an active lifestyle? Contact lenses can help enhance all aspects of your life, whether for work, sport or leisure activities.

Contact lenses could be a great form of vision correction for you, allowing for better vision, convenience and freedom to live your life. They are less affected by wet weather, do not steam up, and provide a wider field of vision.

Contact lenses are also a great way to update your image. Ask your optometrist today - ***'Can I wear contact lenses?'***

## Are contact lenses right for me?

A corrective contact lens is designed to improve vision. Conditions correctable with contact lenses include:

- Shortsightedness (blurred distance vision)
- Longsightedness (blurry or strained vision)
- Astigmatism (visual distortion)
- Presbyopia (blurred near vision that occurs as we age)

Almost anyone who wears spectacles can wear contact lenses, including people who require multifocal lenses. New technology means contact lenses are clearer, more comfortable and more convenient than ever. They provide a full field of unobstructed vision – great if you're into sports – as well as other functional advantages including freedom of movement that spectacles cannot match.

Contact lenses give you additional flexibility to take on new activities with crisper vision, or change your image when it suits you. You can choose to wear them instead of your spectacles, or alternate between spectacles and contact lenses.

## What types of contact lenses are there?

Contact lenses come in various material types with different replacement and wear schedules.

There are two main material types:

### Soft

Soft contact lenses are made from materials known as hydrogels, because they are part plastic and part water. The water content makes hydrogels soft, flexible and comfortable. Silicone hydrogel contact lenses represent a breakthrough over traditional hydrogel soft contact lenses, because silicone allows much more oxygen (essential for a healthy cornea) to pass through the lens.

Soft lenses are the most commonly prescribed type of contact lenses and are particularly suitable for indoor and outdoor sports and people with sensitive eyes. Types of soft contact lenses include disposables, planned replacement and custom designs.

### Rigid

Rigid lenses are made from plastics that are less flexible than those used for soft lenses. For some people, rigid lenses provide better vision than soft lenses, as the optics can be better controlled.

Rigid lenses are suitable for a wider range of correction for shortsightedness, longsightedness and astigmatism.

## Replacement and wear schedules:

- Disposable lenses come in a variety of types; daily, weekly, two weekly and monthly.
- Non extended wear lenses must be removed before sleep.
- Extended wear lenses can be worn continuously (day and night) for up to a certain number of days, usually seven to 30 days.
- Planned replacement contact lenses last one to several months.
- Customised soft lenses can last up to a year; conventional rigid contact lenses can last even longer.

## I like the idea of contact lenses, now what?

First, ask your optometrist if contact lenses are a good solution for you.

You will need to have a professional contact lens fitting. The fitting process includes discussing your visual and lifestyle requirements, an eye examination to measure any focusing error and make sure your eyes are healthy and suitable for contact lens wear, and measuring your eyes to ensure the best contact lens type, fit and vision. Your optometrist will recommend the most suitable trial lenses to best suit your needs.

Your optometrist will teach you to handle, apply, remove, clean and store your lenses and will recommend your replacement schedule. This depends on the contact lens material and design, as well as your lifestyle and the condition of your eyes.

Disposable contact lenses are the most commonly prescribed and are an excellent choice health-wise, because there is less opportunity for protein and bacteria to build up on them. Also, if you wear daily disposable contact lenses which are discarded at the end of the day, you won't need to clean your contact lenses after each use.

Your optometrist will usually reassess the lenses after they have been worn for a week or two, in order to make sure they are fitting and performing properly, and that you aren't having any difficulties. It is sometimes necessary to alter the lens prescription at this point to solve any problems which may have arisen.

## After-care

Most optometrists encourage contact lens wearers to have eye examinations at least every 12 months to ensure your prescription and contact lens type are still appropriate and to detect and correct any problems early. Since a contact lens sits directly on the eye, it increases the risk of complications

such as eye infections. While serious complications of contact lens wear are very rare, the effects can be long-lasting or permanent, so regular eye examinations are a good insurance policy. As technologies evolve every year, your optometrist may suggest you upgrade to the latest material or design.

# Clearing up the myths

## Contact lenses are hard to apply and remove

**Relax.** It might sound difficult at first, but your optometrist can teach you how. You will be excited by how easy it is once properly shown.

## Contact lenses are uncomfortable

**False.** When properly fitted to suit your eyes, contact lenses can provide comfortable vision correction, year in, year out.

## Contact lenses can pop out of my eyes

**False.** Due to the surface tension of your tears, contact lenses are extremely stable and stay in place under normal conditions.

## Contact lenses will get lost behind my eyes

**Impossible.** A thin membrane covers your eye and connects to the insides of your eyelids, so the lenses will always stay where they should be.

## Contact lenses can cause eye problems

**Rarely.** Contact lens related problems are rare and usually result from improper wearing or caring for your lenses. With regular eye examinations and by following the advice from your optometrist, you can ensure your lenses are performing well and will be able to apply, remove and care for your lenses with ease.

## Contact lenses are too much trouble to take care of

**That was then.** One-step contact lens care systems make cleaning your lenses easy. With single use or overnight contact lenses, there's virtually no work for you at all.

## Contact lenses are expensive

**False.** The cost of contact lenses can be comparable to vision correction with spectacles. Given the added benefits and flexibility of contact lenses, they certainly represent value for money.

## Contact lenses are not suitable for children

**False.** Contact lenses are a great choice for many children, enabling free, comfortable vision for all classroom and sporting activities. As always, a professional fitting and training session is required.

Contact us to find  
out if contact lenses  
are suitable for you