



## McCandless Opticians – Guide to contact lenses

### What are contact lenses?

Contact lenses are small, thin, optical lenses worn directly on the eye to correct your vision. You can wear contact lenses to correct common vision problems.

### Why try contacts?

Whether you want a fresh look, the freedom to be more active, or just the ability to see your best, contact lenses are an excellent alternative to glasses. They will affect how you see and how other people see you.

### New to contact lenses?

Hard lenses or soft? Daily disposable or reusable? With so many different types of contact lenses available how do you choose? We help you understand the different types available.

If you're new to contact lenses, your first step is to come and see us and book an appointment to be fitted for contact lenses. Once your optician has examined your eyes, he or she will make sure that the right contact lenses are fitted for your eyes.

### Free yourself from glasses

- Contact lenses are ideal if you're fed up with wearing glasses
- Get the freedom of movement you need when playing sport
- Experience the freedom of clear, comfortable and convenient vision
- Avoid any irritating reflections, distortions or steaming up of lenses
- Enjoy a full field of vision with contact lenses
- See clearly when you're driving – even in low light
- Track the action with sharp direct and peripheral vision

Book a contact lens appointment with McCandless Opticians to find out more.

### Soft lenses and hard lenses: the differences

Before you can start wearing soft lenses or hard lenses, you will need to book an appointment with McCandless Opticians. During this first consultation, we will carry out examinations to check that you do not have any problems that might make it difficult for you to wear lenses. The optician will advise you about the type of lenses that are most appropriate for your physiology (cornea, how dry your eyes are, etc.). This consultation is essential.

After this consultation, you can try out your first lenses. **Hard lenses** last a long time, and can correct all types of vision problems, from the most common to the most extreme (e.g. irregular astigmatism). However, hard lenses require perseverance, as they take longer to get used to than soft lenses.

If your vision problem is more common, **soft lenses** will certainly be the most appropriate for you. You will discover that it takes much less time to get used to them than to hard lenses, and right away you will find that they are pleasant to wear. What is more, even if



hard lenses may seem cheaper in the long term than soft lenses, losing a hard lens can be expensive.

Most contact lenses today are soft lenses or 'hydrophilic lenses' which means they are made of water (this is how they stay soft). Soft lenses are extremely thin and made from materials that allow oxygen to pass through them to the eye. Today's advances in contact lens technology have virtually eliminated the earlier hard lenses. There are 3 types of soft contact lenses:

#### **Contact lenses for myopia and hyperopia**

These are spherical lenses. They correct basic vision problems including short-sightedness (myopia) and long-sightedness (hyperopia).

#### **Contact lenses for astigmatism**

These are toric lenses. They correct astigmatism by compensating for the irregular surface of the eye.

#### **Contact lenses for presbyopia**

These are bifocal or multifocal contact lenses. They are used to correct presbyopia (the inability to focus sharply for near vision).

#### **Daily disposables**

E.g. J and J Moist

- Want long lasting comfort
- Suffer from dryness or discomfort towards the end of the day with your current daily disposable contact lenses
- Suffer from seasonal allergies
- Want to wear a fresh, clean lens every day

**Remove daily disposable lenses and discard daily. Start with a fresh, clean lens every day.**

#### **Two weekly**

E.g. J and J Oasys

Want that 'no lens feeling'

- Spend long hours working on computers
- Spend time in heated or air-conditioned environments which can dry out the air



**Wear and remove lenses daily and change for a fresh pair every two weeks.**

#### **What are toric lenses?**

Toric lenses are contact lenses that are designed to correct astigmatism. Astigmatism occurs when the front part of the eye, the cornea, or the lens within the eye is not a regular symmetrical, spherical shape and is described sometimes as shapes like a rugby ball. As a result, light passing through the eye can't be properly focussed onto the retina at the back of the eye, creating a blurred image.

Toric lenses are made from the same materials as regular contact lenses but they have a few extra characteristics to enable them to correct astigmatism. As it is important that they maintain their position and do not rotate on the eye, they are designed differently to other lenses that simply correct short or long sightedness.

#### **What are multifocal contact lenses?**

Multifocal or Progressive contact lenses allow you to see clearly both near and far meaning that reading glasses, which are often inconvenient and easily misplaced, are no longer required. These lenses allow you the convenience of being able to see across a room, distance, as well as being able to view your computer or to read a book comfortably.

#### **What types of correction are available with progressive contact lenses?**

Multifocal contact lenses are used to correct presbyopia, an age-related condition that affects almost everyone. As you reach your 40s or 50s, the lens inside your own eye becomes less flexible making it harder to focus on objects close to you, such as when reading a book, using a mobile, or when working at a computer.

#### **How do multi-focal lenses work?**

Multifocal lenses are designed to provide the powers for both the distance and reading vision so allowing you to see at different distances through the same lens.

#### **Monovision**

The other possible option is monovision where one eye is prescribed with a distance prescription and the other eye a reading prescription. This can be done without using a bifocal or multifocal contact lens.

Hopefully you will find all this information useful. If you need further help or want to book an appointment to try contact lenses call us today at **02893323394**.