

WHO CAN WEAR CONTACT LENSES?

Contact lenses can work well for people who are short sighted, long sighted and those with astigmatism. There are lenses for people who wear bifocals or varifocals. Contacts lenses can be worn by people of all ages including children.

CAN CONTACT LENSES DAMAGE MY EYES?

When the optician assesses your eyes are suitable for contact lenses they will also ensure you are well instructed on safe and correct wearing of contact lenses.

Make sure you attend for regular checks. This ensures your optician can see anything going wrong before you feel it and before it causes you any problems.

HOW MUCH OF THE DAY CAN I WEAR CONTACT LENSES FOR?

Depending on your eyes and the environment you live and work in your contact lens optician will recommend the best lens for you and how long to wear them for.

WHAT ARE CONTACT LENSES GOOD FOR?

Contact lenses give a great field of view, ideal for sports where your peripheral vision is particularly important.

Contact lenses make a great alternative to spectacles so you can change the way you look.



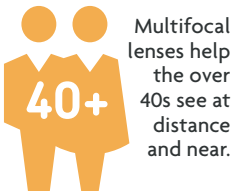
Soft lenses are easy to get used to.



Daily Disposable lenses are only worn once then thrown away.



Extended Wear lenses allow you to sleep in them.



Multifocal lenses help the over 40s see at distance and near.



Be wary of ordering lenses online.

NEVER try a friend's contact lenses.



Always clean your lenses as advised.



Contact lenses can be great for sport.



CONTACT LENSES

What you need to know



AT WHAT AGE CAN CHILDREN START WEARING CONTACT LENSES?

Children can start wearing contact lenses as soon as they are mature enough and this will vary from child to child. They need to be able to insert and remove the contact lens themselves. If you're not sure, pop in to your local optician and have a chat.

DOES IT HURT TO HAVE A CONTACT LENS ON YOUR EYE?

No, most people are amazed how comfortable they are.

WHAT SHOULD I DO IF I THINK I WANT CONTACT LENSES?

Contact your optician. Give them a call or pop into the practice and ask them about the best way to try out contact lenses. They will give you the best advice for you.

WHAT'S NEW IN CONTACT LENSES?

The contact lens industry changes all the time. Recent developments include a light adapting contact lens which goes dark in the sunshine and myopia control contact lenses which have been proven to reduce the rate at which a child's myopia progresses. This is important because there is a proven link between retinal complications later in life and high levels of myopia. As always, ask your contact lens optician for more information about what's new in contact lenses.



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Association of British Dispensing Opticians