

Contact lenses for all?

It is now easier and more comfortable to wear contact lenses than ever before. No longer do you have to be either a contact lens or spectacle wearer. Nowadays, you can wear either spectacles or contact lenses when you want. Perhaps you have a sporting or leisure activity that would be safer as well as more enjoyable when wearing contact lenses, instead of glasses.

Over the last twenty years contact lenses have been developed to be safer and more convenient than they have ever been before. This provides you with a great choice of lenses to suit you, your visual requirements and your lifestyle needs. Some brands are just worn once and then thrown away, eliminating the need and expense of contact lens solutions. Those that require regular cleaning can be maintained with just a single bottle of solution, which is much more convenient than it used to be.

Specialist contact lens practices should be able to fit and supply almost anyone with contact lenses, regardless of prescription. There are lenses to correct astigmatism and progressive lenses that are similar to varifocal spectacle lenses. So, you no longer have to be under 40 to benefit from contact lenses. Contact lens types typically supplied include

- Daily disposable soft lenses
- Monthly disposable soft lenses
- Continuous wear soft lenses
- Tinted and coloured lenses
- Gas permeable lenses
- Extended wear gas permeable lenses
- Toric lenses, soft and gas Permeable

Aftercare

Regular aftercare appointments are essential for maintaining the health of your eyes and comfort of your lenses. At these, your optician will be able to provide reliable aftercare advice and can help if you have any questions about your lenses. New wearers need check-ups during the first few weeks of wear. After that you should have regular check-ups as recommended by your optician.

Why not find out how wearing contact lenses could allow you to get more out of life.

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