



ASK THE OPTOMETRIST

ASK THE OPTOMETRIST IS A SERIES OF INFORMATION NEWSLETTERS THAT WE ARE PLEASED TO PROVIDE OUR PATIENTS TO ELABORATE ON A VARIETY OF RELEVANT EYECARE TOPICS.

CONTACT LENSES

Q1: CAN I WEAR CONTACT LENSES?

CONTACT LENSES ARE NOW AVAILABLE FOR THE MAJORITY OF PRESCRIPTIONS, INCLUDING NEAR AND FARSIGHTEDNESS, ASTIGMATISM, AND BIFOCAL CORRECTIONS. ADVANCEMENTS IN CONTACT LENS MATERIALS HAVE MADE THEM MORE COMFORTABLE, AND MORE IMPORTANTLY, HEALTHIER THAN EVER BEFORE. OF COURSE, EACH PATIENT IS UNIQUE – PLEASE ASK YOUR OPTOMETRIST ABOUT YOUR SPECIFIC SITUATION.

Q2: WHAT SORT OF LENSES SHOULD I WEAR?

TODAY, THE MAJORITY OF CONTACT LENS CORRECTIONS ARE AVAILABLE IN A DISPOSABLE FORMAT, WHERE THE PATIENT PROACTIVELY REPLACES THE LENSES TO HELP AVOID THE COMPLICATIONS MORE COMMON WITH CONVENTIONAL (NON-DISPOSABLE) LENSES. YOUR OPTOMETRIST WILL TAILOR THE REPLACEMENT SCHEDULE TO YOUR SPECIFIC NEEDS, TAKING INTO ACCOUNT YOUR WEARING TIME, ENVIRONMENT, TEAR CHEMISTRY, AND OTHER FACTORS. REPLACEMENT MAY BE AS FREQUENT AS DAILY, OR AS INFREQUENT AS QUARTERLY OR SEMI-ANNUALLY.

Q3: WHAT ABOUT CONTINUOUS-WEAR CONTACT LENSES?

SILICONE HYDROGEL MATERIALS HAVE DRAMATICALLY INCREASED THE PERMEABILITY (OR 'BREATHABILITY') OF CONTACT LENSES – IN SOME SITUATIONS, THIS ALLOWS FOR OVERNIGHT WEAR OF LENSES FOR PERIODS OF UP TO ONE MONTH. NOT ALL PATIENTS ARE SUITED FOR THIS MODALITY OF WEAR, HOWEVER, AND COMPLICATION RATES ARE STILL HIGHER FOR CONTINUOUS WEAR THAN FOR DAILY WEAR. IT IS CRITICAL THAT YOU WORK WITH YOUR OPTOMETRIST TO ENSURE THAT YOUR CONTINUOUS WEAR EXPERIENCE IS POSITIVE – IN THIS CASE, IT'S NOT EASIER TO ASK FORGIVENESS THAN TO ASK PERMISSION!

Q4: I HAVE DRY EYE – CAN I STILL WEAR CONTACT LENSES?

VIRTUALLY EVERYONE WILL EXPERIENCE SOME DRY EYE SYMPTOMS AT TIMES – WHETHER DURING COMPUTER USE, IN DRY, COOL, OR BREEZY ENVIRONMENTS, OR TRIGGERED BY MEDICATIONS. BY CHOOSING THE CORRECT CONTACT LENS MATERIAL AND REPLACEMENT SCHEDULE, SOLUTION, AND, IF NECESSARY, REWETTING DROPS, COMFORT CAN BE MAXIMIZED, WHILE THE RISK OF COMPLICATIONS IS MINIMIZED. NOT EVERYONE IS A CANDIDATE FOR FULL-TIME CONTACT LENS WEAR, BUT MANY PATIENTS CAN ENJOY THE BENEFITS ON A PART-TIME SCHEDULE; FOR EXAMPLE, DURING ATHLETIC OR SOCIAL EVENTS.