



PARIS MIKI



CONTACT LENSES

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ABOUT CONTACT LENSES

- Contact Lens is a thin, curved lens placed on the film of tears that cover the surface of your cornea.
- Contact lenses correct vision problems caused by refractive errors.
- Contacts can improve vision for people with these refractive errors:
 - myopia (nearsightedness)
 - hyperopia (farsightedness)
 - astigmatism (distorted vision)
 - presbyopia (changes to near vision that normally happen with age)
- The two most common types of contact lenses are hard and soft.



HARD CONTACT LENSES

Most hard (rigid) lenses are made of gas-permeable materials that allow oxygen to reach the cornea. This reduces problems that may occur when the cornea does not get enough oxygen. They correct refractive errors, including astigmatism, with no distortion.

TYPE OF HARD CONTACT LENSES

1. Conventional hard lens

- Made of a fairly stiff plastic (polymethyl methacrylate, or PMMA)
- Least comfortable
- Reduce amount of O₂ that reach the cornea
- People who wear them are at risk of overwearing syndrome and other problems.



2. Rigid gas-permeable (RGP) lens

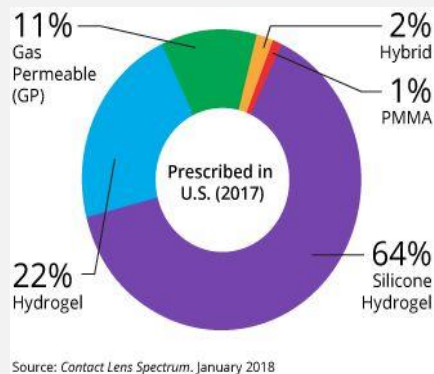
- It cost more then conventional hard lens and less durable
- Comfortable than conventional hard lens.
- It designed for extend wear (overnight)
- RGB usually need to replace after 2 or 3 years
- The doctors advice against wearing them for an extended period of time or while sleeping.



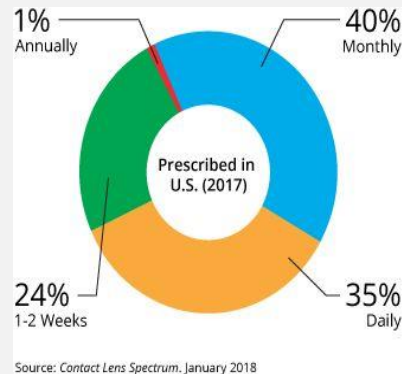
SOFT CONTACT LENSES

- Made from gel-like, water-containing plastics called hydrogel
- Thin and pliable and conform to the front surface of the eye
- Absorb water (up 90%) of lens weight
- Able to stay in place better and are easier to adjust to than hard contact lenses
- Comfortable to wear than hard
- More fragile and require more intensive cleaning
- Soft lens also can correct astigmatism that call (Toric lens)

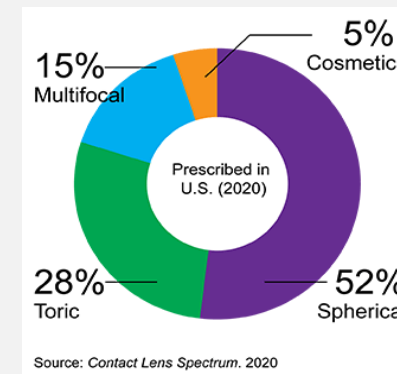
CONTACT LENSES SOURCES



METERIAL



LENS REPLACE FREQUENCY



SOFT LENS DESIGN

TYPES OF SOFT CONTACT LENSES

DAILY DISPOSABLE

Seen as the healthiest option. These are worn once and thrown away. Ideal for those who don't want the hassle of cleaning regimes. Great for sports, dry eyes, busy lifestyles and those new to contact lenses.

TWO WEEKLY

Designed to be replaced every 1-2 weeks. Often come in a range of sizes and more power options. A good choice for those who feel their lenses just don't last a month.

MONTHLY DISPOSABLE

These are worn daily removed, cleaned and stored overnight for up to 30 days. Cheaper, but remember to include solution costs. Come in a wide variety of materials and powers to suit most people.

SILICONE HYDOGEL

Come in daily and monthly options. Super oxygen permeable so healthy for the eyes, contain less water than conventional soft lenses, so are less prone to drying out, so great if you suffer from dry eyes.

COLORED AND TINTED

Can correct your vision and change your eye color Great for those who want to change the color of their eyes and improve their vision, normally last a month, but will need to be removed cleaned and stored at night.

CONTINUOUS WEAR

Worn day and night for up to 30 days. No need to remove nightly, clean and store so great for those with active lifestyles, late nights, travel and festivals.

TORIC/ASTIGMATISM

Designed to correct astigmatism. They come in Daily and monthly options so great for everyone with astigmatism.

VARIFOCAL AND MULTIFOCAL

Correct both distant and near vision, so no need for reading glasses. Come in daily and monthly wearing options. Great for the young at heart.

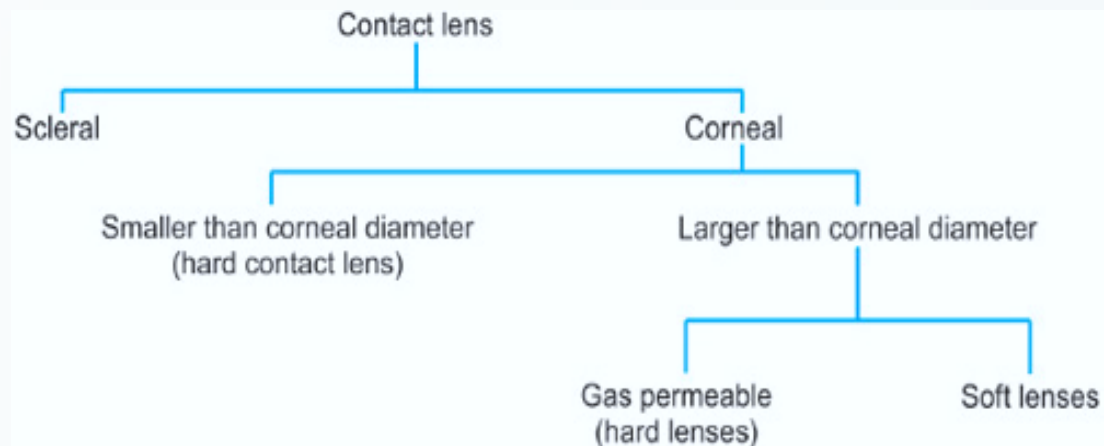
THE DIFFERENCE BETWEEN HARD CONTACT LENSES AND SOFT CONTACT LENSES

HARD CONTACT LENSES

- Durable
- Longer adaptation period
- Mostly worn on daily basis
- Slip off/dislodged more easily
- Frequent replacement
- Allow more oxygen through
- Clearer: Optimal vision correction
- More susceptible to intrusion of foreign objects under the lens
- Vulnerability to sand and dust, can scratch and break

SOFT CONTACT LENSES

- Flexible
- Short adaptation period
- Ideal for intermittent wear
- Stay in place, rarely fall out
- Frequent replacement
- Greater initial comfort
- Cosmetic /color lens available
- May dry out & susceptible to more protein deposits
- Likely to distort when blink, eye refocus required



THE DIFFERENCE BETWEEN CONTACT LENSES AND GLASSES

	Glasses Prescriptions	Contact Lenses Prescriptions
Base Curve	✗	✓
Diameter	✗	✓
Lens material	✗	✓
Expiration date (for prescription)	✓	✓
Sphere/power	✓	✓
Cylinder	for toric lenses	for toric lenses
Axis	for toric lenses	for toric lenses
Prism	✓	✗
Addition (ADD)	for multifocal lenses	for multifocal lenses
Dominant (D)	✗	for multifocal lenses
Pupillary distance (PD)	✓	✗
OD and OS	✓	✓
Plano or ∞	✓	for coloured lenses
Balance (in Cyl column)	✓	✗
DS (in Cyl Column)	✓	✗
VA	✓	✗
Brand/Manufacturer	✗	✓

CONTACT LENSES

GLASSES

COMFORT

- ✓ Contact lenses allow us to do our activities in a comfortable way because we don't have to lose our glasses.

- ⊗ When you wear glasses you are not able to do activities and as playing a sport where you can be hurt because your glasses can get broken.

HYGIENE

- ⊗ To have a good experience with our contact lenses we have to make sure of clean them accordingly with their instructions. Not cleaning them correctly can have very bad consequences.

- ✓ Cleaning our glasses is very easy. We just need its wipe and the spray to clean them.

HEALTH

- ✓ There exist contact lenses that can help to correct our visual problem.

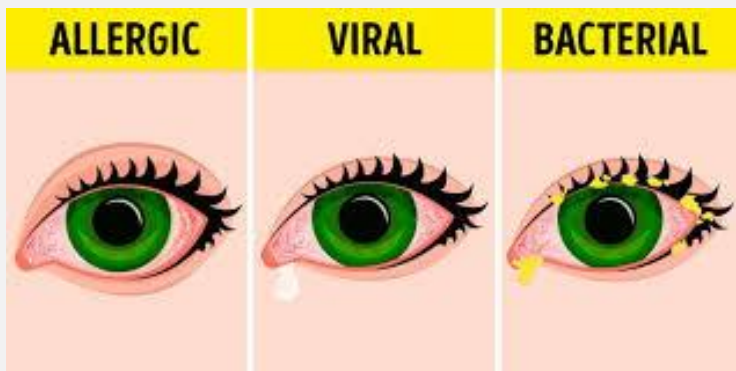
- ⊗ Using glasses just help us to see well, but it doesn't help us to correct our vision.

CONTACT LENSES AND EYE INFECTION

EYE INFECTION

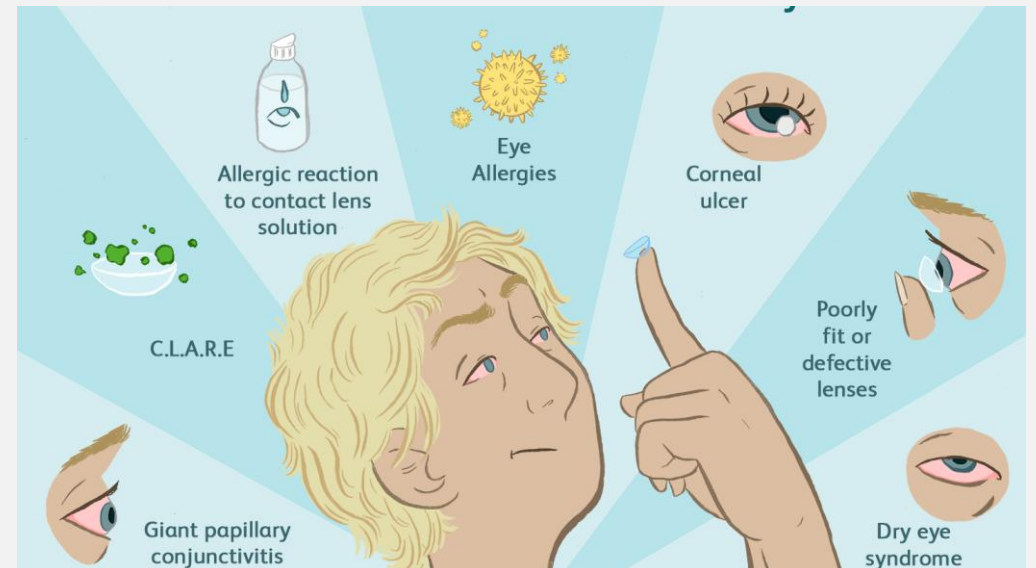
- Using extend wear lenses
- Sleeping in your contact lens
- Having microbes build up under the lens
- Herpes virus (stress, fever, trauma to the body...)
- Bacteria. Fungi, or parasites
- Not keeping lenses or cases clean
- Reusing or topping off contact lens solution

* Herpes virus: Herpes keratitis is a viral infection of the eye caused by the herpes simplex virus.



SYMPTOMS

- Blurry vision
- Unusual redness of the eye
- Pain in the eye
- Tearing or discharge from the eye
- Being extra sensitive to light
- Feeling like there is something in your eyes



TIPS TO AVOID CONTACT LENS-RELATED EYE INFECTIONS

① RUB

Rub lens when cleaning them, wash hand before cleaning contact lens.

② RINSE

Rinse lenses in store-bought solution. Always rinse and store your contact lens in store bought solution.

③ REPLACE

Replace your contact lens case with a new one at least three times per year.

④ REST

From time to time, give your eyes a break from your contact lenses. Also, never sleep in your contact lenses. That make it much more likely for you to get an eye infection


⑤ RENEW


Get new lenses when recommend. Don't try to extend using lens too long. Only keep lenses as soon as the Ophthalmologist recommends.


⑥ RESERVE


Make and keep appointment with your Ophthalmologist to keep your eye healthy and protect your sight


How to Wear Contact Lenses

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1. Before touching contact lenses, wash your hands properly with soap & water. Place the lens on the index finger and make sure that the lens is right side out.
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2. Start with either the right or the left eye by opening it.
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3. Pull down the lower lid with the middle finger of the same hand that is holding the lens. Pull the upper lid gently with the middle finger of the other hand.
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4. Place the contact lens on your eye & release the lower lid. Blink your eye to adjust the lens.
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5. Finished. Repeat this process with the other eye.

How to Remove Contact Lenses

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1. Before touching contact lenses, wash your hands properly with soap & water.
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2. Start with either the right or the left eye by opening it.
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3. Pull down the lower lid with the middle finger of the same hand that is holding the lens. Pull the upper lid gently with the middle finger of the other hand.
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4. Use the index finger & the thumb of the other hand to pull the lens down.
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5. Finished. Repeat this process with the other eye.

