



# Newsletter



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## i – contact

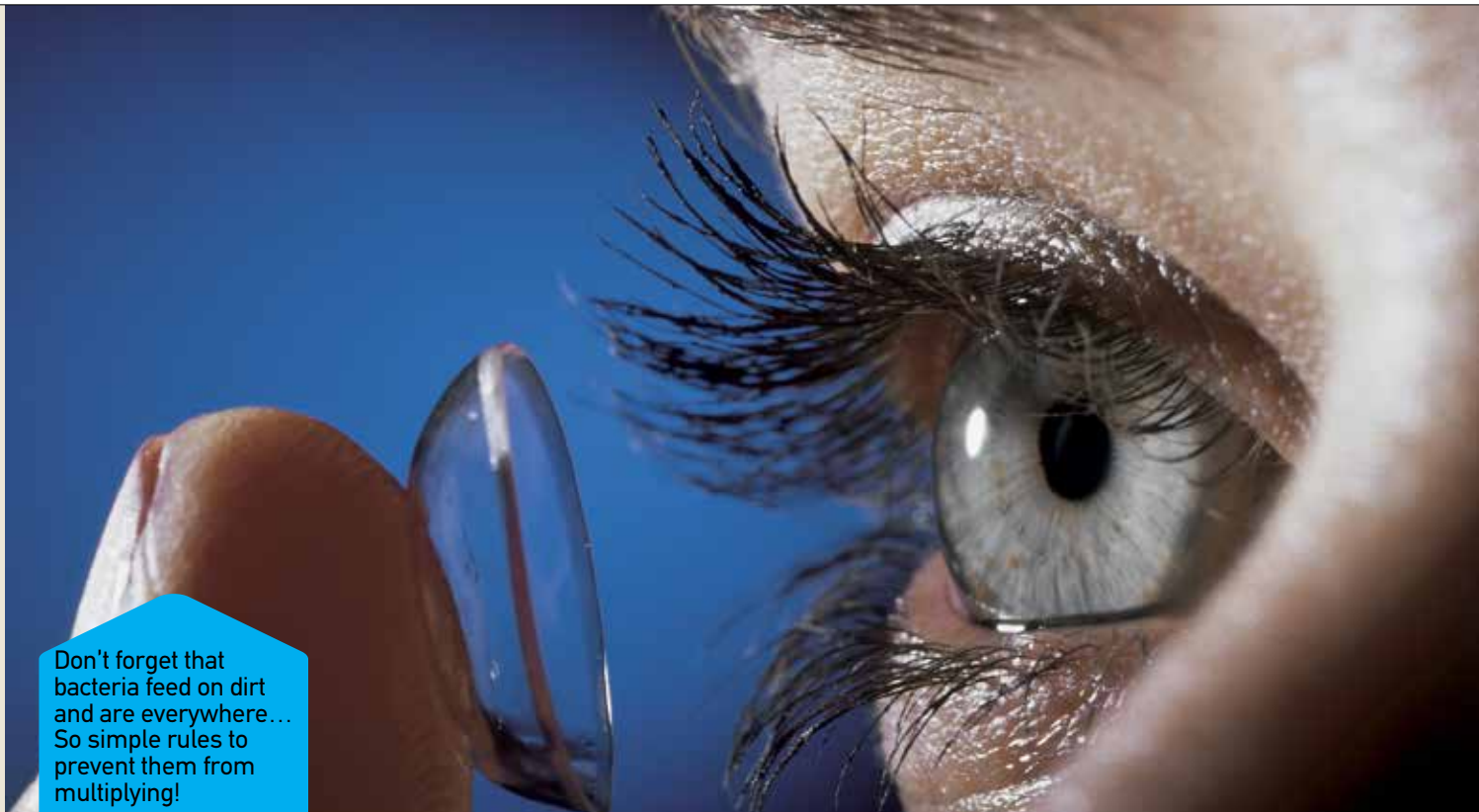
Eye contact is indeed the most powerful aspect of body language isn't it? Free your eyes which are the windows of your soul from all limitations of a spectacle frame and experience the unlimited optical field of view in precision clarity with the help of these tiny optical devices called contact lenses.

## i –contact tips

Contact lenses provide without any question extreme levels of freedom for every spectacle wearer who leads an active life. Contact lenses firstly made their appearance in the late 19th century and were initially made from glass. The first contact lens that was actually made of a material that was compatible with living tissues was launched in the 1950s. Through the decades the texture and form of contact lenses evolved dramatically. It has recently been estimated that approximately 130.000.000 people worldwide are contact lens users. The vast majority of contact lens wearers follow simple frequently

replacement soft contact lens regimes but need to have in mind that contact lenses do offer a fantastic alternative to glasses and DO NOT cause any problems to eye health as long as the user pays attention to two simple factors:

- 1. Hand and case hygiene –**
  - Always **wash your hands** thoroughly just before handling your contact lenses. Use soap and plenty of water to do that and do prefer to use strong kitchen paper to dry your hands afterwards. Always dry your hands before handling your contact lenses and avoid using reused towels to do that as these don't dry out



Don't forget that bacteria feed on dirt and are everywhere... So simple rules to prevent them from multiplying!

properly, especially during winter months. There is no need to use powerful disinfecting gels instead of soap and water to clean your hands. Actually most of these products contain alcohol which stays on your fingers, unavoidably transferred into your eyes via your contacts causing irritation. Keep your **lens case clean**. It has been proven through several studies that approximately 80% of bacterial eye infections in contact lens wearers are initiated from dirty lens cases. Don't forget that bacteria feed on dirt and are everywhere... So simple rules to prevent them from multiplying! Once you have inserted your contacts in the morning, just empty your lens case. Don't leave the fluid soaking in the case until you come back to it in the evening. Its great if you can wash your case with soap and warm water under the tap and then just leave it to dry up, facing down on a clean surface (clean paper will do just fine); case lids also facing down. Always empty your case liquid once you have inserted your contacts in your eyes and never

leave your case open in the air. If you do, there is a great chance that it will be filled with dust particles and microbes by the time you come back to it.

Always fill up your case with **fresh solution** just before you remove your contacts. So if you wear your contacts every day, fill up your case with fresh solution every day! Never leave your contacts to soak in the same solution for more than a week if for some reason you are not using them.

Please never attempt to open and refill small solution travel bottles from big ones. If you do you immediately lose your solutions sterility. Never use a solution that has been open for more than three months.

**Golden rule:** NEVER but NEVER use water to soak your lenses. This colorless and otherwise valuable liquid is not as 'innocent' as it looks as far as contact lens maintenance is concerned! On the contrary, it can be just simply packed with dangerous microbes like for instance the all dreaded *pseudomonas aeruginosa*

which can be disastrous for the integrity of your cornea (this is the outermost tissue of your eye, where your contact lenses rest).

## 2. Wearing schedule

Your desired contact lens wearing schedule will be discussed carefully during your contact lens consultation and will be the major aspect of choosing the type of contact lens suitable for you. Ideally we will like you to get the most out of your contact lenses and our aim will be for you to introduce them in your everyday routine to best serve your lifestyle.

Having in mind all you learn about these two factors during your contact lens fitting appointment you will leave and have the confidence of an experienced contact lens user. Please don't rely on your friends for their contact lens feedback. In fact listening to other users experience and 'advice' on contact lens wear and handling can be misleading and even potentially dangerous.

## LIKE RIDING A BIKE!

Never think that you cannot start using contact lenses whatever your lifestyle and whatever your age. Reluctant individuals who probably are afraid of the handling of contact lenses or even the possible sensation of having a contact lens in their eye always prove to become the most successful contact lens users at the end. Wearing and handling contact lenses is very simple and forward as long as you receive the correct advice and the supportive guidance needed at your first steps of learning the information needed. It is really a shame that there is actually a percentage of people out there, giving up on learning how to

use contact lenses since all is needed is patience, reassurance, precise and experienced knowledge on behalf of your optometrist. You just bring yourself, your eyes and your smile and you will leave our practice knowing all you need to know about wearing and handling your contact lenses. You will know how to insert, remove, wear and take care of your contact lenses which will be carefully selected for you. And once you have learned, you never forget! It's like learning to ride a bike! So relieve the windows of your soul from all limitations and take a step forward. Enjoy the most precious sensation of your being and have real i-contact with everything that surrounds our colorful world.

