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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Contact Lens Care – Avoid Long–Term Eye Problems

By Burt Cotton

Buying a pair of contacts is easy. Anyone who has a tiny income can buy himself or herself a pair.

Actually, teenagers today find the contacts a great way of expressing themselves, sometimes having some 10–15 pairs to keep changing. How much do you know about contact lens care?

What Actually is Contact Lens Care?

The process by which the product is maintained and kept functional is called maintenance, or as in our context here, care. The steps you need to cover the minimum and most basic contact lens care is outlined below:

- * Be sure you understand the instructions list and do exactly as you are told. Any deviation from the instruction, however small it may look to you, may be extremely harmful to you and your eyes in the long run.
- * Always touch your lenses only after you washed your hands with soap. Be careful while changing or using them, that the lenses are not exposed to anything that is dirty.
- * Always use a good brand of cleaning solution; do not just go for anything that the shop keeper offers you, or whatever it is available in the shop. Identify a brand that is good, and then stick to it.
- * Never put your lenses in the mouth; this can capture sufficient bacteria to damage your eyes forever.
- * If you wear makeup, put your lenses on last; sometimes particles from makeup will get into the eye. It's best to put them on last.
- * Check with your doctor at least once in 6–12 months to ensure that your eye sight and the use of the eye–lens have not changed.
- * Follow all the cleaning procedures mentioned in the instructions to the T; any negligence here may introduce a number of infections to your eyes which can not only be very painful, but also very

dangerous.

* In case you use eyes drops, have a time gap of about 30 minutes before replacing your lenses in your eyes; otherwise the contacts may absorb some of the eye drops which are not good for you or for the lenses.

* Be careful what brand you are using and what is recommended for your lens. Many times, people ignore the instructions using whatever solutions they can find their hands on, only to find that they have actually damaged not only their lenses but also their eyes by it.

Contact lens care is one of the most critical factors in maintaining your eye sight, and keeping your eyes beautiful and healthy.

Burt Cotton

<http://www.colored-contact.org>

Contact Lenses - Which Style Is Right For You

By Anastasia Phocas

A contact lens is used either for therapeutic reasons, corrective purposes or as a cosmetic tool. With the recent advances in the manufacturing process of contact lenses, anybody can wear them, whether it is a bifocal, daily disposable or astigmatism–correcting lens.

For millions of people, contact lenses have proven to be a healthy vision option. However, it should be decided only after checking with an eye care professional. If the steps prescribed to removing, inserting and caring for them are rigidly followed the contact lens can be used without any trouble. To check the effectiveness or lack of it from the lens, check periodically with an eye care professional.

If a vision problem is identified and needs a vision correction, one of the viable options is wearing a contact lens. Right from infants who have vision problems at birth, young children, teenagers and all adults can wear contact lenses.

According to doctors, contact lenses are the best option for vision correction for athletes. Contact lenses can improve the vision skills such as perception of depth, awareness of the peripheral area, co–ordination of eye–foot/eye–hand. Since the contact lens stays in place under dynamic conditions, they offer a total advantage to the athletes. They also free them from the risk of glasses–related injuries.

According to many eye specialists, contact lenses, which are made of a firm plastic lens, may slow or control the progression of myopia or near sightedness. In contrast, conventional spectacles or soft contact lenses do not offer such advantages.

Contact Lens Care – Avoid Long–Term Eye Problems

In 1971, when contact lenses were introduced it was an advanced technology and offered comfort not provided by the old–style spectacles. With the latest technology, it is now possible to get better corneal health, sharper vision and a longer life for the lens.

Contact lenses need cleaning and disinfecting every day. Due to the slick surface offering no scope for building up of deposits, there is no need for frequent enzyming, which is a type of extra–strength cleaner, used weekly, for the removal of stubborn deposits from contact lenses.

Daily disposal lenses are worn everyday and discarded without any need for maintenance. Weekly disposal contact lens should be cleaned during the night, soaked in a solution containing disinfectants, until they are removed for usage again.

Color of the eyes also can be changed by using soft contact lenses even if vision correction is not needed. However they are also a prescribed medical device and should be used under the guidance of an eyecare professional. These types of contact lenses are used mostly by theatre and film personalities to get a closer resemblance to the character portrayed by them.

Anastasia Phocas is a proud contributing author. Find more articles at

<http://financeandlegalportal.info/>

For more info visit

<http://eyeheaven.info/sitemap.html>

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<http://eyeheaven.info/colored–contact–lenses.html>



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