

## **Clearing up the confusion about contact lenses...are they right for you?**

Many people considering vision correction for the first time may be confused which is better-eyeglasses or contact lenses. There are many myths about contact lenses that can make someone deciding about trying them for the first time feel apprehensive. We want to take this opportunity to answer some of your questions and address some of your concerns about contacts and clear up some common misconceptions as found on [allaboutvision.com](http://allaboutvision.com).

### **Which are better glasses or contact lenses?**

For the most part unless your optometrist specifies it is merely a personal preference. It may come down to lifestyle, aesthetics, and whether or not you can stand placing your fingers near your eyes, although most people can get used to this!

### **What are the benefits of eyeglasses?**

The benefits of glasses are less cost in the long run since they are usually replaced less often, less chance of eye infections (not touching the eyes) and better UV protection. Eyeglasses can adjust the amount of light entering your eye for optimum comfort and vision. Certain lenses known as [photochromic lenses](#) are clear indoors and at night, and darken automatically in sunlight for clear, comfortable vision in any light. Although some contact lenses can block some UV light, photochromic eyeglass lenses block 100 percent UV and protect not only the inside of the eye from UV, but the exterior of the eye and eyelids as well.

### **What are the benefits of contacts?**

The benefits of wearing contact lenses are that they may be safer and more appropriate for those who lead active lifestyles and participate in sports. Eyeglasses have to be removed during swimming, making it difficult to swim freely underwater, but with contacts you can still see while participating in sports such as swimming, and don't have to worry about breaking or damaging your glasses or your eyes while engaged in other physical activity. Another benefit is that since contact lenses sit directly on your eye, your peripheral vision will be better than with glasses. Some people may feel glasses don't suit their look and prefer the aesthetics of contacts which are also available in different colours.

### **Are there different sizes of contact lenses?**

Yes! That's because our eyes are different sizes, each one unique like you. If you're using just any lens it might not fit your eye shape properly. When it comes to contacts one size does not fit all. If the curvature of a contact lens is too flat or too steep for your eye's shape, it could lead to discomfort or even damage your eye. That's why it's so important you seek out a qualified professional trained in fitting contact lenses like [Dr.Jiwani](#) and her staff who are contact lens experts.

### **What if I can't wear contacts because of astigmatism or another eye condition?**

That may have been true in the past, or when you last inquired about wearing lenses. Due to advances in contact lens technology in recent years, just about everyone can wear contacts. Rigid and hybrid contact lenses that correct [astigmatism](#) are now available, and other conditions which used to make it difficult to wear contacts such as [presbyopia](#) are no longer an issue with bifocal contact lenses. There are soft and custom contact lenses that can correct even the most challenging prescriptions.

### **I'm afraid to wear contacts. What if a contact lens gets lost behind my eye?**

This is a common misconception that would make anyone apprehensive! Fortunately, it's not true. A thin membrane called the [conjunctiva](#), covers the white of your eye and connects to the inside of your eyelids, making it impossible for a contact lens to get lost behind your eye.

### **Are contact lenses uncomfortable?**

Not usually. After adapting to wearing them, most people forget they have them in! For those who do experience contact lens discomfort, we would evaluate the cause and make adjustments or offer one of the several discomfort remedies available. This usually does the trick.

### **What if a contact lens gets stuck to my eye?**

This can be a temporary situation with soft contact lenses when they are allowed to dry out. This is why it's important to remove lenses before sleeping. If a soft contact dries out and sticks to the eye surface, remoistening the lens by applying sterile saline or a multipurpose contact lens solution will get it moving again. There are different removal techniques for different lenses. If you're concerned be sure to talk to us before going home with your contacts.

### **Are contact lenses too much trouble to take care of?**

It's like washing your face at night. Once you get in the routine, you don't really think about it as a hassle, it's just something you do to take care of yourself. There are one-bottle contact lens care systems that make cleaning and disinfecting your lenses easy. To eliminate this step, you may choose to wear daily disposable contact lenses.

### **Does wearing contact lenses cause eye problems?**

Only if you disregard your optometrist's care instructions, which include length of wear, care of your lenses and how often you should replace them. If you follow these instructions then wearing contact lenses is very safe.

### **What if I can't get place contacts in my eyes?**

Another fear or concern is about the application of contact lenses. It might seem daunting at first, but as your eye care professional we will teach you how to safely apply and remove your contacts before you leave their office.

### **Can contact lenses pop out?**

Years ago, old-fashioned hard contact lenses could sometimes pop out of a wearer's eyes during sports or other activities, which made for interesting scenes in romantic comedies, while everyone searched the floor for the invisible contact. Today's contacts — including [rigid gas permeable contacts](#) — fit closer to the eye so it's very rare for a contact lens to unexpectedly dislodge.

### **Aren't contact lenses expensive?**

Like glasses, depending on the frames and prescription there are many cost options available. Even daily disposable contact lenses, once considered a luxury, are affordable now.

**Am I too old to wear contact lenses?**

Age used to be a factor in candidacy for contact lens wearing because of the lack of options in lenses. Now with multifocal contact lenses, and a number of new contacts for dry eyes, advancing age is no longer the barrier it once was. Ask us if you're a good candidate for contacts — the answer might surprise you.

Hopefully we've answered some of your questions and allayed some of your fears with regards to wearing contact lenses. If you're interested in being fitted for contacts or discussing if they'll work for you, don't hesitate to [contact us](#).