

# Contact Lens Types and Lifestyle

**Our aim should always be to try to improve or enhance each patients' quality of life.** The goal is to give vision which allows each patient to enjoy life unhindered. Spectacles, contact lenses or refractive surgery should be discussed in terms of quality of life needs. Flexibility in management is also important; if your visual demands or vocational needs change we must have options to suit. We need to keep pace with your life.

We are very fortunate now to have available a myriad of lens types to suit the needs of individuals. Bespoke Prescription Rigid Gas Permeable and Soft Lenses, Monthly Disposables, Fortnightly Disposables, Dailies, Continuous Wear, Flexible Wear, Bifocal/Multifocals and Toric contact lenses allow us to customise a wear schedule to suit each persons Needs.

Contact lenses no longer need to be an all or nothing commodity.

Glasses are very popular and many people want contacts as an addition rather than a replacement for spectacles. Many people find spectacles are more convenient in certain situations, while contact lenses are more suitable for other activities.

## So.....

The choice of contact lenses depends on your lifestyle needs while we, as clinicians, will always use lenses which maximise health.



**We will advise you, after a trial of at least one week, on the most appropriate option for you, taking into account cost, life and vocational needs and ocular health.**

## Hard and RGP and Bespoke Contact Lenses

AARON NOTE: Rigid lenses give excellent vision quality and can correct virtually any prescription - extreme powers, high astigmatism, ocular disease such as Keratoconus, post refractive surgery, and finally they make absolutely superlative Multifocal lenses.

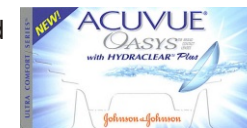
## Monthly Disposable Lenses

AARON NOTE: Becoming superceded by Fortnightlies and Dailies there are still some excellent lenses. Mark'Ennovy Extensa, B&L Soflens 59.



## Fortnightly Disposable Lenses

AARON NOTE: Currently our premium lens, the Oasys is a silicone hydrogel with superior lubricicity, oxygen permeability and flexibility. We consider it the best lens in the world at present. It can be worn on a Flexible or Extended regime and there are also Toric and daily versions.



## Extended Wear Lenses

AARON NOTE: Worn for 30 days straight without removal they give the maximum convenience. After years of experience it appears less popular than 'Flexible Wear' and does carry more risk.



## Flexible Wear

AARON NOTE: Probably more popular than Extended Wear. In this modality the lenses are generally removed at night but the oxygen permeability allows the flexibility of wearing them overnight for special occasions, long weekends, or if a very long wear day is required for a social event or work.

## Daily Disposables

AARON NOTE: Carrying virtually no risk, these lenses are fantastic for children and are extremely convenient and comfortable. There are a number of very good lenses, but the premiums are, Johnson & Johnson's Acuvue Moist, the silicone TruEye and now the Oasys Daily.



## Multifocal/Bifocal Contact Lenses

AARON NOTE: Bespoke RGP lenses make excellent multifocals. Our most successful soft multifocal is the PureVision MF - a silicone hydrogel, this can also be worn as an extended wear or flexible wear lens.



## Toric Contact Lenses

AARON NOTE: To correct astigmatism there are daily, fortnightly, monthly and bespoke lenses. The name Oasys again appears as an extremely comfortable and stable toric lens, in this case fortnightly.



## Myopia Control

A complex area: please ask or look at our Myopia Control Fact Sheet.

**Check the appropriate leaflets for more detailed information.**

