

## Using Contact Lenses For Your Eyes

Today contact lenses have changed so much and now they offer exciting uses for the wearers. Now you can have a pair of baby blue eyes one day and the next day you may have sparkling golden eyes. Now you may toss your disposable lenses into the garbage every night or simply you can wear the lenses for the entire month! People with vision troubles can use contact lenses which is an effective way. These thin plastic lenses are placed on the eye's cornea to correct various vision problems such as astigmatism, farsightedness and nearsightedness, but these days you can continue to wear lenses even if you have Presbyopia and need bifocals.

Presently you have many options to choose from; firstly check out the choices of contact lenses and then speak to your doctor regarding the contact lens that will fit you. Basically contact lenses are separated into two main types; they are soft and rigid gas permeable. Soft contact lenses are made from soft polymer plastic substance with a small percentage of water combined to it. Here the water allows oxygen to move through the contact lens which increases its comfort. These soft contact lenses also give protection from UV radiations.

Most of the soft contact lenses are throwaway and can be disposed after its usage after a short period. If you are using a fresh pair of soft contact lenses everyday, then there is lesser chances of infection, requires minimum care and cleaning. The lens will be more comfortable, particularly for those people whose eyes produce more protein which naturally clouds contact lenses. Other soft contact lenses are worn on a yearly basis which isn't disposable. But many people prefer soft contact lenses as they have better benefits. The disadvantage of soft contact lenses is that they absorb pollutants like soap or dirt from your hands, which may irritate your eyes. Soft contact lenses are very delicate as they can tear easily compared to hard contact lenses.

The most modern types of soft contact lenses to make into the market are 'Daily Disposables' which are soft contact lenses worn only for a day and then disposed off. The advantage is that, you need not clean your contact lenses regularly and if you are allergic to something, then these contact lenses are for you! The 'Silicone Extended Wear Disposables' are soft contact lenses are made from a new type of silicone hydro-gel substance which can be used up to 30 days! This new type of silicone material helps to prevent or reduce dry eye irritation.

### About the Author

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