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A Brief Introduction to Contact Lenses

Eye contacts represent one of many solutions to defective sight and are chosen as a corrective instrument for a vision problem or as a cosmetic accessory for several reasons. This article will go into detail as to who is suitable to wear contact lenses, the different types of lenses and the proper care procedures.

Although it may seem uncomfortable and dangerous to place an object directly on the eye, contact lenses are medically approved for most people of all ages. With an appropriate prescription from an eye care specialist and having followed correct care procedures, lenses are just as safe as eye glasses as a corrective vision instrument. People who may prefer eye contacts include athletes who need the freedom of movement, or simply those who prefer the aesthetics the lenses provide such as cosmetic contact lenses. On the other hand, contact lenses require much more care and discipline from users in the hygiene procedures that must be followed to avoid complications. To determine whether or not lenses are suitable for yourself it is always advisable to seek professional advice from an eye care clinic, where medical specialists can dispense further advice.

Part of deciding on the suitability of contact lenses for you is considering the various types of lenses available. Here are just a few from an extensive list;

â€¢ Daily contact lenses: These lenses are worn only for a day and are then disposed at the end of the wearing period. Many find that not needing to constantly wash and store the lenses to be extremely convenient, however these lenses are often more costly than other options.

â€¢ Fortnightly and monthly contact lenses: These lenses can be worn for an extended period of time before they need to be disposed, but do require storage in a contact lens solution and subsequent washing before and after each wearing period. The advantages are, however, that these lenses tend to be cheaper even after factoring in solution and washing costs.

â€¢ Hard Eye Contacts: Also known as Orthokeratology contacts, these are made from hard materials unlike daily and monthly lenses that are known as soft contact lenses. They function by altering the shape of the cornea overnight which allows the wearer to see with perfect vision without the contacts during the day.

The proper care procedures vary from each type of contact that is in use and it is always best to follow the advice of an eye care specialist. Proper contact lens care for non-daily lenses always includes storage in a saline contact lens solution and a separate cleaning solution. To avoid any potential vision problems, it is important to follow the directions of the cleaning solutions and regularly consult an eye care clinic to check your eye health and vision quality.

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[Shanon Luxo](#) - About Author:

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