

Sightwell's Guide to Eyewear Care

Sightwell · Digital Guide

Taking care of your eyewear is essential to ensuring clear vision and the longevity of your glasses or contacts. With a few simple habits and routines, you can keep your eyewear in great condition and make your daily routine a little easier. Here's how you can maintain your glasses and contact lenses to help support their normal function and comfort.

Cleaning Your Glasses

Start by rinsing your glasses with lukewarm water to remove dust and debris. This helps to avoid scratches when you wipe them later.

Use a mild dish soap and gently rub it with your fingers on each lens. Avoid using soaps with lotions or harsh chemicals as they can damage the lens coating.

Dry the lenses with a clean, lint-free cloth. Microfiber cloths are ideal as they avoid scratches and streaks. Steer clear of paper towels or your shirt, as these can scratch and leave lint.

Proper Storage of Glasses

Always store your glasses in a hard case when you're not wearing them. This protects them from accidental drops or being crushed.

Avoid placing your glasses face-down on surfaces. This can lead to scratches on the lenses.

Find a dedicated spot to store your glasses at home—preferably away from heat sources and moisture, which can damage the frames and lenses over time.

Maintaining Contact Lenses

Wash your hands thoroughly before handling your contact lenses. This helps maintain the lenses' cleanliness and reduces the risk of introducing dirt.

Use the recommended contact lens solution for cleaning and storing your lenses. Avoid using water or saliva, as they can introduce bacteria.

Regularly replace your lens case every three months or as recommended. Clean the case with solution and let it air dry after each use.

Routine Lens Checks

Inspect your glasses for loose screws or bent frames. Tighten screws gently with a small screwdriver and adjust the frames to sit comfortably.

For contact lenses, check for any tears or scratches before inserting them. Damaged lenses should be replaced immediately to maintain comfort.

Schedule regular visits to your optometrist or ophthalmologist to ensure your eyewear prescription is up-to-date and your lenses are in good condition.

Avoiding Common Mistakes

Avoid wearing glasses on your head as this can stretch the frames and loosen the fit over time.

Don't use household cleaners like window spray to clean your lenses. These can strip away protective coatings.

For contact lens wearers, avoid exceeding the recommended wear time. Overuse can lead to discomfort and reduced lens lifespan.

Adopting Good Habits

Take a moment each day to clean your eyewear. Consistent care keeps them in good condition and supports clear vision.

When putting on or taking off your glasses, use both hands to avoid bending the frame.

Develop a habit of checking your eyewear before starting your day, ensuring that lenses are clean and frames are in good shape.

Planning for Breaks

If you wear glasses or contact lenses, give your eyes regular breaks throughout the day. This can help maintain comfort and reduce fatigue.

During breaks, clean your glasses and give your contact lenses a rest if possible. This supports their normal function and longevity.

Consider using artificial tears to support eye hydration, especially during long periods of screen use. For specific advice, consult your eye care professional.

Choosing the Right Accessories

Invest in a quality lens cleaning spray that is specifically designed for eyewear. This can help maintain the clarity of your lenses without damaging the coating.

Consider anti-fog wipes if you frequently transition between different temperatures, as they can help maintain clear vision.

A soft, protective pouch can be a great addition to your hard case, providing an extra layer of protection against scratches and dust.

Understanding Environmental Factors

Be mindful of environmental conditions that can affect your eyewear. Extreme temperatures, both hot and cold, can warp frames and affect lens coatings.

If you spend time outdoors, using a hat or visor can protect your glasses from direct sunlight, which might degrade certain lens treatments over time.

In dusty or windy conditions, consider wearing wrap-around sunglasses over your regular glasses to shield them from debris.

By incorporating these simple habits into your routine, you can keep your eyewear in top condition and support clear vision throughout your day. Remember, for any specific concerns or issues with your glasses or contacts, it's always best to consult with an eye care professional. Here's to seeing the world clearly with well-cared-for eyewear!

Before you start

This guide covers screen and eye-comfort habits only. It is not eye care and does not replace a routine eye examination. If you have a diagnosed eye condition or a sudden change in your vision, see an optometrist or ophthalmologist promptly.

This guide is for general educational purposes only and is not medical, health, or professional advice. Consult a qualified professional for guidance specific to you.