

## **10 things Everyone Should Know About Eyes Contact Lenses**

- 1. The first contact lenses were made of Glass**
- 2. Hard Contact Lenses were made from a plastic called PMMA**  
They were less flexible and did not let Oxygen through the lens
- 3. Soft lenses are made from Plastic and Water**  
Different plastic materials allow more or less oxygen through  
More water allows more oxygen through
- 4. Contact lens designs provide Oxygen permeability for good eye health**  
Oxygen is transmitted through the lens  
Oxygen is also transmitted when you blink and the lens moves  
A lack of oxygen to the eye results in redness and irritation  
Low amounts of oxygen also can lead to swelling and infections
- 5. A Contact lens has a center part for optics and outer haptic for fit**  
A contact lens needs to center well for good optics and comfort
- 6. Edge contour is also very important in contact lens design**  
Each contact manufacturer has a proprietary edge design  
The edge on a rigid lens is designed for fit and oxygen transfer
- 7. Contact lenses are not intended to stick on your eye!**  
Proper movement is needed for oxygen and eye health  
Too much movement results in worse comfort and fluctuating vision
- 8. The amount of oxygen transmitted is measured in dK**  
This is a fancy way of measuring how permeable the contact is  
A higher dK is preferred  
The oxygen will change depending on the prescription thickness
- 9. A rigid contact lens that is larger is called a scleral lens**  
This type of lens fits on the white part of the eye called the sclera
- 10 Multifocal lenses are available in soft and rigid contact lenses**  
These lenses use fancy optics to allow vision up close and far away  
In some cases, your eye doctor may prefer a monovision approach