



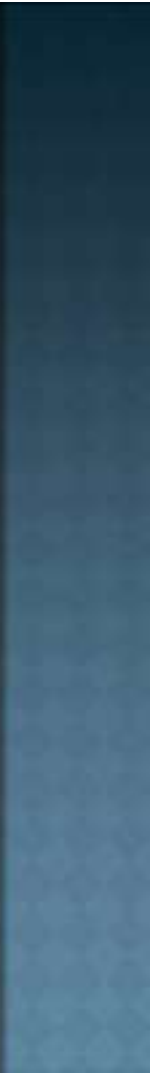
When do you need to visit
your Optician?

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- Ideally, your optician fits your spectacle on your face in such a manner that it makes contact comfortably and provide optimum visual performance.
- Make sure that your spectacle remains fitted snugly on your face through its life time.
- However, most often the fit alters during the course of normal use, creating uncomfotability.

A visit to the optician is needed who will check the fit and reshape the spectacle.

You need to visit your Optician



When your eye wear slips down on your nose.



When your eye wear hurts behind your ears.



When your eye wear presses against your temporal face, creating unsightly marks on the temporal skull.



When the top rim of the front of your eye wear touches your eyebrows or bottom rim of the front of your eye wear touches your cheek even when you smile.

When your eye lash sweeps across the inside surface of your lens.



When the nose pads of your eye wear hurts on the sides of your nose.



When the overall alignment of your eye wear is disturbed.



When you have visual disturbances with spectacle like :

1. Feeling too strong power
2. Change in depth perception
3. You may find yourself conscious of turning your head,
4. Mild headache
5. Abnormal head posture
6. Double vision
7. Problem in focusing the eyes
8. Sensitivity to light
9. Feeling of giddiness
10. Tilting your chin more often in order to obtain the best vision,

11. Color fringes around object
12. Square object appears trapezoidal
13. Poor visual acuity
14. Magnified
15. Floor seems concave or convex
16. Vertical objects seem taller or shorter than normal
17. Feels like one is standing in a bowl or on a hilltop
18. Feels like one is walking downhill or walking uphill



Adapting to glasses is normal.

Although every ECP loves the patient that puts on a new pair of glasses and can see everything perfect, this cannot happen in every instance.

If the adaptation symptoms are not improving or persisting beyond 3-4 weeks, it is recommended to go back to the optician.

Periodic visit to optician is very important to prevent many unseen trouble as the optician's expert eyes can see many things better than you.

Of course you also need to visit your optician for your next new spectacle.

As and when you feel !!!

