

Eye Owner's Manual

IF YOU HAVE EYES, THIS IS WHAT YOU NEED TO KNOW!

1) Have your eyes examined regularly

Once every year or two as recommended by your optometrist for best possible vision and eye health (yearly for children and seniors). Many eye problems detectable by your optometrist have no symptoms or pain.

2) Protect your eyes

All of our spectacle lenses at Pierce Family Vision have Ultraviolet Protection (even the clear ones!) Prescription sunglasses, safety glasses, and sports goggles are also recommended.

3) Update your eyewear

Wearing a current prescription will maximize your visual acuity and comfort. Contact lenses should be replaced regularly as recommended by your optometrist for clear vision and healthy eyes.

4) Keep your eyes healthy on the inside

Staying healthy helps prevent macular degeneration, diabetic retinopathy and other eye diseases.

- Don't smoke
- Stay active
- Eat your veggies (green leafy ones especially) and maintain a healthy weight
- Consider taking a multivitamin with Lutein and an Omega 3 supplement (talk to your pharmacist)

5) Keep your eyes healthy on the outside

Caring for the lids and tear layer improves eye comfort and vision

- Cleanse your lids and lashes with towelettes or Theralid (at least weekly or daily if you have blepharitis)
- Use artificial tears as recommended by your optometrist
- Keep the oil glands in your lids flowing by doing hot compresses and big blinks occasionally or as recommended by your optometrist

6) 20 - 20 - 20 Rule

For every 20 minutes of near work (screens, Reading) look at least 20 feet in the distance for 20 seconds to relax the focus of your eyes

Call us at Pierce Family Vision if you have any concerns about changes in your vision or eyes. We want to keep your eyes healthy and your vision clear and comfortable

For more information visit www.piercefamilysight.com or talk to one of our optometrists.



107 Erb St. West • Waterloo, Ontario • N2L 1T4

P (519) 886-4170 • F (519) 886-4175 • E office@piercefamilysight.com • W www.piercefamilysight.com