

THE LITTLE GUIDE TO LOOKING AFTER YOUR SPECTACLES



Expert tips from the Qualified Optical Dispensers at
www.eyecarevision.com.au

Hey there, spectacle wearer!

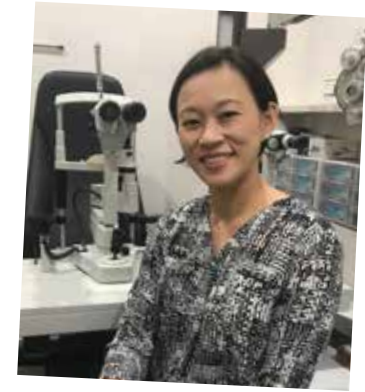
Whether you are a first-time spectacle wearer or you've worn them all your life, knowing how to care for your frame and lenses is important to maximise visual efficiency and prolong their lifespan, saving you the expense of replacing them through misuse.

So you ask, "Is there a special art or magic formula to having immaculately pristine spectacles?"

Our qualified optical dispensers have decades of experience, having taken care of tens of thousands of spectacles. You name it, they've seen it all—mangled, scratched, faded, cracked, unhinged, lost parts, chewed on by a pet, the list goes on. This Little Guide contains valuable tips that will help you look after your spectacles the way our experts do.

Cheers,

Your Eyecare Plus Optometrists



Dr Soojin Nam
Optometrist



Dr Ali Khalife
Optometrist



Dr Alexander Du
Optometrist

THE LITTLE GUIDE TO LOOKING AFTER YOUR SPECTACLES

This booklet aims to provide basic information on looking after your spectacles based on our qualified optical dispensers' knowledge and experience. It is not meant to replace care instructions given by the eyewear provider/manufacture of your specific brand of frame or lens.

Should any of the information differ to what your eyewear provider/manufacture has given, please consult them before implementing any changes to your spectacle care regimen.

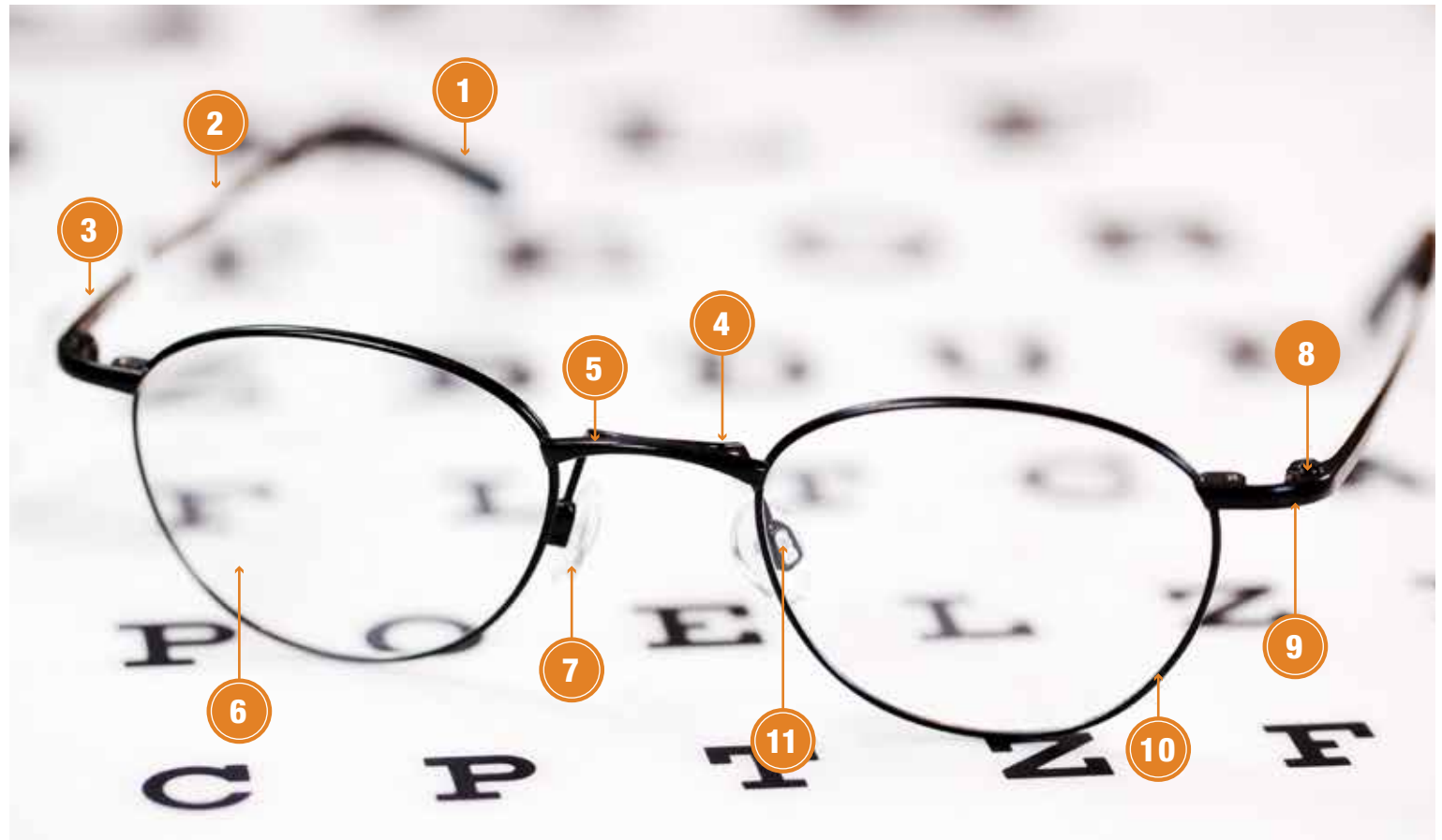
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THE BASIC PARTS OF YOUR SPECTACLES

1. Temple Tips
2. Temples
3. Hinges
4. Bridge
5. Top Bar
6. Lenses
7. Nose Pads
8. Screws
9. Front Joint
10. Eye Wires/Rims
11. Pad Arms



THE GERMS HIDING IN YOUR SPECTACLES

Spectacles can get very dirty and not from just dust and dirt but also bacteria which can build up over time, resulting in your spectacles being hard to look through and also having dangerous bacteria close to your eye.

Your natural body oils can build up and cause a film over the surface of your lenses. Spectacle frames can collect bacteria and dirt over time from our facial oils, oil from our hair, moisturisers as well as hair products. Dirty nose pads can carry large amounts of bacteria.

Bacteria multiply fast and can easily crowd on our spectacles. Soon this multitude of unwelcome guests can move into the moist environment of our eye and cause irritation and uncomfortable eye conditions such as:

- Blepharitis: a common condition that causes inflammation of the eyelids.
- Bacterial Keratitis: an infection of the cornea that causes pain, reduced vision, light sensitivity and discharge from the eye.
- Styes: a painful red lump near the edge of your eyelid that looks like a pimple.
- Conjunctivitis



BASIC CLEANING TIPS 101

Cleaning your spectacles daily is also the best way to keep them looking great and more importantly not cloud your vision.

According to our experienced optical dispenser **Greg Sexty** from **Eyecare Plus Kareela**, “There’s a right way—and plenty of wrong ways—when it comes to how to clean glasses!” Greg should know, he has seen thousands of glasses come his way during his 30-plus-years career!

Step-by-step guide to cleaning your spectacles:

1. Rinse your glasses with lukewarm tap water. This will remove dust and other debris, which can help avoid scratching your lenses when you are cleaning them. Avoid hot water which may damage some lens coatings.
2. Apply a small drop of dishwashing liquid or hand wash liquid to each lens and run under the tap, gently using your fingers to break down body oils. Most dishwashing liquids are very concentrated, so use only a tiny amount. Use only brands that do not include lotions or oils.
3. Gently rub both sides of the lenses and all parts of the frame for a few seconds. Make sure you clean every part, including the nose pads and the ends of the temples that rest behind your ears. Be sure to clean the area where the edge of the lenses meets



Greg Sexty of Eyecare Plus Kareela has fitted, crafted and taken care of spectacles for more than 30 years.

meets the frame, where dust, debris and skin oils can accumulate. Sometimes in extreme cases an old toothbrush can be used gently to lightly brush the build-up of oil, dirt and bacteria from around the nose pads. Bacteria on the nose pads can cause other nasty problems.

4. Rinse both sides of the lenses and the frame thoroughly. Failing to remove all traces of detergent will cause the lenses to be smeared when you dry them. Inspect the lenses to make sure all the oil and dirt has been removed.
5. Carefully dry the lenses and frame with a clean, good quality lint-free tissue. Paper towels and other materials may scratch the lenses the same way a poor quality tissue can leave your nose red and sore and it can scratch your lenses.
6. Inspect the lenses again. If any streaks or smudges remain, remove them with a clean microfiber cloth or a spray cleaner. Both these products are great to carry when travelling or for everyday use and are available at most quality optical stores.

Microfibre cleaning cloths are an excellent choice for cleaning glasses. These cloths dry the lenses very effectively and trap oils to avoid smearing. However, because they trap debris so effectively, make sure you clean the cloths frequently to avoid redistributing oil back into the lenses. Hand-wash the cloth using lotion-free dishwashing liquid and clean water. Allow the cloth to air dry.



Just a small drop of dishwashing liquid is enough to break down oils that stick to your frames and lenses.



For a more thorough clean, use our special spray lens cleaner. Our Eyecare Plus lens cleaning solution is made locally using high quality ingredients and comes in a clear bottle with quality mist spray pump. Spray both sides of the lens and wipe off with a clean, soft plain tissue for best result.

BASIC CARING TIPS 101

Cleaning is just one aspect of optimising the functionality of your spectacles and keeping them in great shape. Proper handling and care will ensure that your spectacles will last longer and serve you well before needing to be replaced.

Andrew Beswick, our store manager at **Eyecare Plus Roselands**, shares these tips:

Always use both hands when wearing and removing your spectacles.

Using both hands when you put them on and take them off minimises risk of loosening or misaligning the frame, which will eventually cause the frames to fit your face incorrectly.

Keep your spectacles out of extreme heat.

A common mistake by spectacle wearers is leaving their glasses on their car dashboard on a warm day. When you leave your spectacles on top of the dash, the windshield will act like a magnifying lens. Remember, a locked car's temperature can get as high as 60°C in a very short time in summer.

Don't wear your spectacles on top of your head.

It might seem convenient and even looks stylish, but doing this risks stretching out the temples because the top of the head is usually wider



Andrew Beswick of Eyecare Plus Roselands has a high level of expertise with specialty optical needs, having worked in the optics for more than 40 years.

than the face. Also, natural oils and hair products from your hair and scalp can smudge the lenses.

Use a Protective Storage Case

Spectacle lenses can easily get scratched if you fail to store them somewhere safe. This includes when you take them off at bedtime. Always store your glasses in a clean spectacle case.

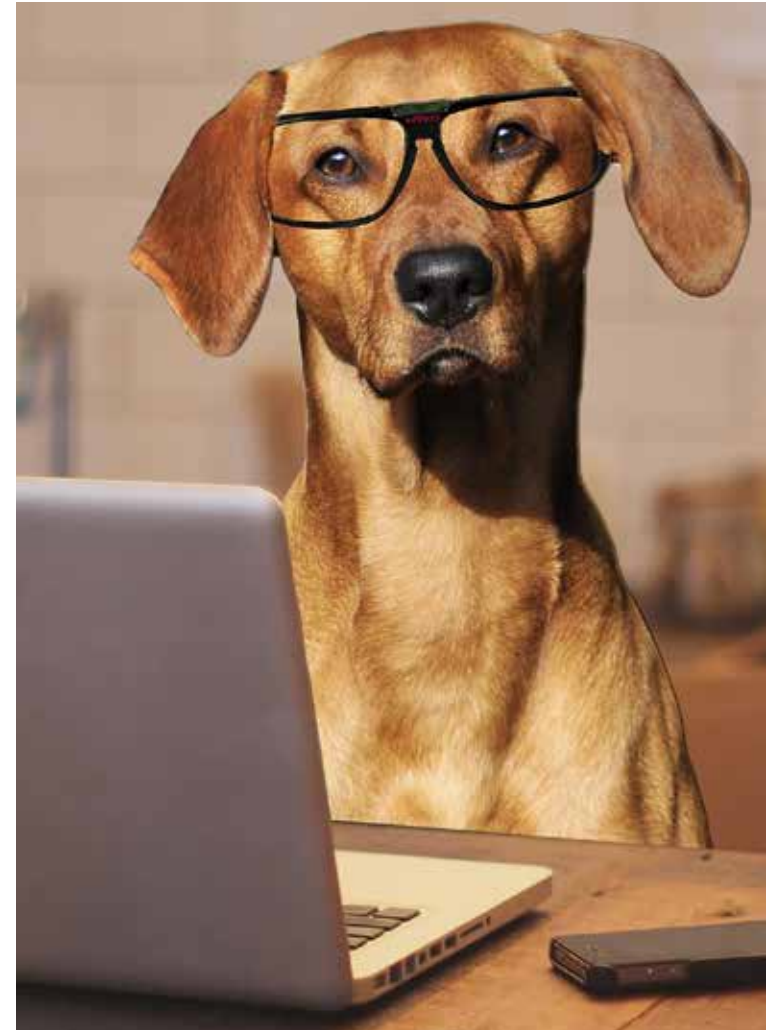
Lay your spectacles with the lenses facing upward.

Never place them on a table or counter with the lenses facing down and never toss your glasses in your bag or pocket without a case.

Have a Special Place Where Pets Can't Reach Them

There's a huge difference if you have a pet fish in an aquarium compared to a playful and curious puppy. Keep your spectacles where your pet or young children can't reach. Another good reason to keep your spectacles as clean as possible? If your glasses are really dirty, your dog picks up your scent and dogs love to chew on them, resulting in your frames and lenses being damaged beyond repair.

DO NOT PLACE YOUR SPECTACLES FACE DOWN...and always place them in a safe place. Not on the lounge, floor or bed.



Dogs love dirty spectacles because they smell you on them! One way of keeping your glasses less desirable to becoming a chew toy is to always keep them clean and away from pets' reach.

WHAT TO DO WHEN YOU LEFT YOUR MICROFIBRE CLOTH AT HOME

There will always be those days. You rush off to work or school and leave your cleaning cloth at home. Now your trusty microfibre cleaning cloth is not there in your hand when you need it!

Don't panic.

Your first instinct is to reach for the corner of your shirt to wipe your lenses. **Don't do this.** Our shirt fabric is usually not as fine as that of a proper lens cleaning cloth. Also, the shirt we are wearing traps dust and other tiny particles from the environment, so using it to wipe our lens will cause tiny scratches on our lens that will accumulate to several tiny scratches over time—trust us on this.

If there is a really big streak or smudge and cleaning can't wait: See if you have access to clean water. Run water over your lenses to flush off dust and debris and then use a soft good-quality tissue. Wipe your lenses with care. Tissues (good quality) can be used to clean your spectacles. There seems to be an urban myth that tissues cannot be used. This is not true.

Never use paper towels as these will scratch your lenses.

Speaking of scratches...



Contrary to popular belief, you can use tissue to wipe your lenses, provided these are good quality tissues that don't easily break.

SCRATCHES...CAN THEY BE REMOVED?

One of the most common questions we hear as an eye care expert is, “Can these scratches on my lenses be polished out?” If you wear spectacles yourself, the thought may have even crossed your mind!

Over the years, here are some of the accidental scratches that we have come across:

- You accidentally put your spectacles in your bag without its case
- You leave the lenses face-down on a table
- Car key scratches across the back lens
- They fall on the concrete ground
- You work in a really dusty environment
- You use your shirt to clean your lenses



A mortal sin for spectacle wearers? Laying them on the table lens side down!

As much as we would love to tell you it's easy to make those scratches go away, the simple answer is no, they can't be polished out.

Why can't they be polished out?

Good question, and this is how our senior optical dispenser **Greg Sexty** explains:

“Unlike a glass window or a piece of Perspex, spectacle lenses are designed and custom ground to give you the exact power you require to see clearly. For example if we buffed down the lens to remove the scratch the power of the lens will be distorted, therefore changing the power of your lens.

To make your lenses last longer and to protect them as much as possible from scratches, add a special hard coating which creates much strong resistance to scratching. Not all hard coatings are the same and you should speak to an experienced dispenser who can explain the different types which may be suitable for your workplace or home environment.

Remember, the best way to keep your spectacles scratch-free is to prevent scratches from happening in the first place. The more you look after them, the better. Spectacle cloths like old sponges for car washing may trap debris, and over time this may scratch the lenses, so always wash/clean or change your spectacle cloths once they age.”

CARING FOR CHILDREN'S SPECTACLES

Kids will be kids. They are natural explorers and discovering the world would involve lots of playing, running, jumping, and falling! How do we extend the life of their spectacles?

Never too early to teach them good eyewear habits.

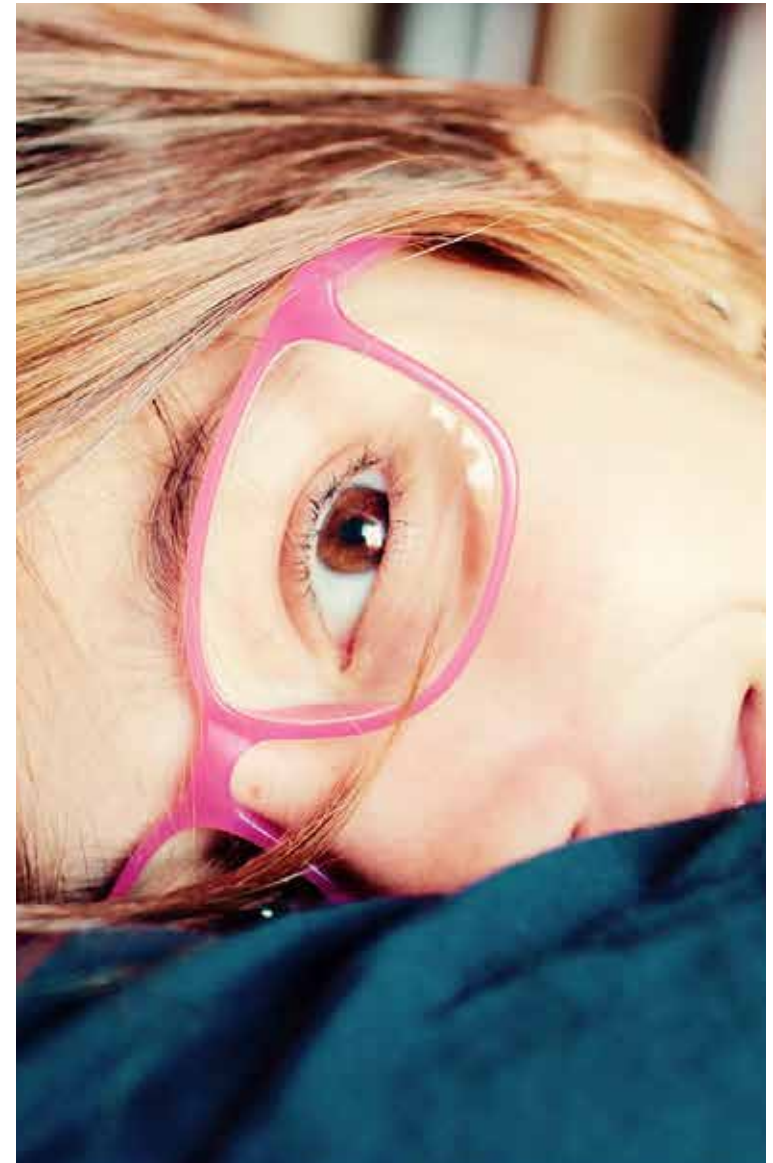
Depending on their age and level of understanding a young child can be taught basic steps to cleaning their own spectacles and the proper way to handle them. Simple gestures like wearing them using both hands is a great way to start. Assist them as needed with routine cleaning. Importantly, when not wearing them always keep them in their case or keep in a safe place—NEVER ON THE FLOOR, THE BED OR THE LOUNGE.

Classmates and friends cannot wear their glasses.

While sharing toys or snacks are encouraged to teach generosity and build great relationships at school, teach your child not to let other kids wear their spectacles to avoid them getting scratched or deformed. Also it is recommended that a parent speak to the teacher to make them aware that your child wears spectacles.

Have a spare pair on standby.

A buddy pair is a just-in-case pair of spectacles with the same prescription strength and is recommended by optometrists for young



kids who travel from home to school to the playground. Many a times parents were spared from an inconvenient situation because they kept a handy spare.

Some kids might need a glasses cord.

If your child frequently loses or misplaces their spectacles, you may also want to invest in a glasses cord.

Tell them and show them.

One of the most effective ways to train kids to care for their spectacles is leading by example. If you the parent wear spectacles or sunglasses, make conscious effort to do what's right. Kids are inclined to follow what grown-ups do.



WHEN TO HAVE YOUR SPECTACLES PROFESSIONALLY CLEANED

Despite our best efforts, there are just some jobs better left to the professionals.

If your lenses are in good shape but the nose pads or other components of the frame have become impossible to keep clean see your eye care professional to replace them.

Most optometry practices have advanced technology like the **ultrasonic cleaning device**, which can give your spectacles a thorough clean that won't ever be achieved using your hands and a piece of cloth.



SPECTACLES DON'T LAST FOREVER

The older your spectacles are, the more likely they will have some form of damage despite your best care. All spectacle lenses will get a few scratches over time from normal use and exposure to the environment (and from occasionally getting dropped or misplaced). Spectacle lenses are scratch-resistant, not scratch-proof. Over time, frames can look worn and get damaged especially in their moving parts.

So when should you replace your spectacles?

Your spectacles should be replaced when your optometrist recommends that they should be. When your prescription changes over time you are advised to get a new pair so as to give you the best vision possible. Another reason to get a new pair is to take advantage of new technology. Every year the technology for eye protection is improving as new developments are made in lens and frame design to offer you the best vision possible.

When the need for change happens, don't be shy to invest in a new pair of spectacles. Sight is precious and you deserve to have the most comfortable vision for the best quality of life.



WHY GET FITTED FOR SPECTACLES AT EYECARE PLUS?

We are an optometry practice who cares for our patients more than anything, awarded by Canstar Blue for having the Most Satisfied Customers in Australia in 2018. We also got 5 star ratings in multiple categories including service and advice, range of products available, customer service, accessibility of store and after-sale service.

We pride ourselves on providing real value and quality on spectacles and sunglasses as well as making sure you look your best!

We stock a huge range of designer and specialised frames, lenses and contact lenses that are personally selected by our qualified optical dispensers, having built very good relations with some well-known frame suppliers over the years. We regularly update our stocks with the latest brands and models so that there is a pair of spectacles for everyone in the family to suit any optical, fashion, lifestyle and budget need.

Our qualified optical dispensers have extensive product knowledge and are experienced in spectacle selection and fitting, including difficult prescriptions. They will see to it that your spectacles are the perfect fit.



Our experienced optical dispensers find joy in helping you select the best spectacles for your vision, lifestyle and aesthetic needs.



**MOST SATISFIED CUSTOMERS
OPTICAL STORES 2018**

Something you don't see too often is an optometry practice that can hand-craft your spectacles on site, which we do in our 5-star accredited practices.

Whenever you visit any of our 6 locations, expect the same quality service from us! Find us at Bankstown, Broadway, Chullora, Hillsdale, Kareela and Roselands.



Is it time to replace your spectacles?

Let our qualified optical dispenser have an expert look.

 Eyecare Plus[®] OPTOMETRISTS

Book an appointment at www.eyecarevision.com.au

REFERENCES

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