



PATIENT NEWSLETTER
APRIL 2022

See

Celebrating
a World
of Vision

EYE TECH

Discover the Right Way to Clean Your Glasses

Cleaning your eyeglasses every day is important to ensuring they look great and don't get scratched lenses. Follow the tips below to keep your glasses in the best condition possible. These tips are also applicable to sunglasses, safety glasses, and sports eyewear:

DO THIS ✓

1. Wash and dry your hands before cleaning your glasses
2. Rinse glasses under a gentle stream of tap water to remove dust and other debris; avoid hot water because it can damage some eyeglass lens coatings
3. Apply a small drop of lotion-free dishwashing liquid to each lens
4. Gently rub both sides of the lenses and all parts of the frame
5. Rinse both sides of the lenses and the frame
6. Gently shake your glasses to get rid of most of the water on the lenses
7. Carefully dry the lenses and frame with a clean, lint-free towel

DON'T DO THIS ✗

1. DON'T use your shirt tail, blouse, or other clothing to clean your glasses because it can scratch lenses
2. DON'T use saliva to wet the lenses
3. DON'T use household glass or surface cleaners to clean your eyeglasses
4. DON'T use paper towels, napkins, tissues, or toilet paper to clean lenses because they can scratch or smear lenses
5. DON'T try to "buff away" scratches in lenses; it only makes things situation worse

Other Cleaning Options

Spray eyeglass lens cleaners are available in many places and can be helpful if you're traveling or don't have dishwashing soap and clean tap water available. However, if your lenses have anti-reflective coating, make sure the cleaner is approved for use on the lenses.

Also, think about using microfiber cloths for your glasses. These are great for cleaning glasses because they dry the lenses effectively and trap oils to avoid smearing.

Removing Scratches

Unfortunately, there isn't a great cure for scratched lenses. The scratch won't go away, but some products may help make scratches look a little less visible.

Ask your optometrist which products might work best for you. When buying glasses, see if your optometrist can get you lenses with a durable scratch-resistant coating and see if the glasses have an anti-scratch warranty.

Storing eyeglass lenses safely can help you avoid scratches. When you're not using them, your glasses should always be kept in a clean storage case.

Don't place glasses down on a table or countertop with the lenses facing down. If a glasses case isn't available, place your glasses upside down with the temples open and make sure they're put in a place where they can't be damaged.

For the best vision and safety, your lenses should be replaced if they become scratched. Following the above tips is the best way to keep your glasses clean and scratch-free for as long as possible.

INSIGHTS

Onions & Your Eyes: Turning Off the Tears

Many of us have experienced it before. You take out an onion, slice it, and—within seconds—your eyes begin to burn, and the tears begin to fall.

Onions contain a chemical compound and an enzyme that mix, releasing an irritating gas when the onion is cut. Onions make your eyes burn for the same reason they make you tear up.



Your natural tears help lubricate the eyes and protect them from irritants, like the chemicals in onions. Basal tears lubricate the eyes and keep them healthy whereas reflexive tears irrigate the eyes and flush away irritants.

If you cut an onion and start to tear up, wash your hands thoroughly and blot your eyes with a clean paper towel. Don't use tissues and use preservative-free artificial tears in your eyes to get relief.

Experts are also working on developing "onion goggles" that completely seal the eyes. These goggles won't work for everyone, but the good news is the scientific community is continuing to search for new tools to this old problem.



Q: How many eyelids do dogs have?

See answer on next page.

Interested in a sustainable 1-day contact lens?

clariti® 1 day and MyDay® are net plastic neutral contact lenses¹



For every box of clariti® 1 day and MyDay® distributed in the United States, CooperVision® partners with Plastic Bank to collect and convert an equal amount³ of plastic through their global network.



The individuals collecting plastic waste in designated coastal communities receive a premium for the materials they collect for Plastic Bank to help them provide for basic family necessities.



By simply wearing a lens you will love, you get all the ocular benefits of a 1-day lens while making a positive environmental impact.

So you're supporting a brighter future for our planet.



As part of CooperVision's commitment to sustainability, we have partnered with Plastic Bank® to make LensCrafters® One Day Premium and Ray-Ban® 1-DAY net plastic neutral.¹

Warning: Do not expose contact lenses to water while wearing them" in any materials that uses the image of water. 1. clariti® 1 day / MyDay® daily disposable (National Brand for LensCrafters® One Day Premium and Ray-Ban® 1-DAY) is defined as orders and includes clariti® 1 day sphere, clariti® 1 day toric, and clariti® 1 day multifocal/ MyDay® daily disposable, MyDay® daily disposable toric, MyDay® daily disposable multifocal product sold and distributed by CooperVision in the US. Amount is defined as weight. Net plastic neutrality is established by purchasing credits from Plastic Bank. A credit represents the collection and conversion of one kilogram of plastic that may reach or be destined for waterways. CooperVision purchases credits equal to the weight of plastic in clariti® 1 day / MyDay® daily disposable orders in a specified time period. clariti® 1 day / MyDay® daily disposable plastic is determined by the weight of plastic in the blister, the lens, and the secondary package, including laminates, adhesives, and auxiliary inputs (e.g. ink). CVI Data on file, 2022. ©2022 CooperVision 12976 03/22



Printed on recycled paper.

EYE-DROPS

After the brain, your eyes are the second most complex organ in your body and 50% of your neural tissue is directly or indirectly related to vision.



THANK YOU TO OUR NEWSLETTER SPONSORS

Alcon



BAUSCH+LOMB
See better. Live better.

BAUSCH+LOMB
Specialty
VISION PRODUCTS

Johnson & Johnson VISION



EYENATOMY

Managing Your Dog's Eye Discharge



It is normal for most dogs to have at least some eye discharge. It usually manifests as watery and clear mucus or a small amount of greenish mucus in the inside corner of the eyes. It's also normal for dogs to have discharge that regularly dries and crusts over, especially when the weather is dry or windy.

Treatment for eye discharge in dogs varies for each case. Typically, it can be managed at home by wiping the area clean with a clean towel or warm, damp washcloth.

But when should you be more concerned about your dog's eye discharge? Here are some examples of when to contact a veterinarian to see if your dog has an infection or a more serious condition:

- The discharge appears especially thick in texture
- The discharge looks pus-like
- The discharge turns yellow or green
- The tissue around the eye or the white part of the eye look swollen or inflamed
- Unexplained eye discharge is accompanied by constant itching, redness, swelling or other notable issues

A good rule of thumb is to consult a veterinarian for your dog's eye discharge if symptoms linger for longer than 2 or 3 days. Also, see a veterinarian if symptoms worsen or if new symptoms develop.



EYE-Q

Answer to Eye-Q (from page 1):
Dogs have three eyelids. The third eyelid provides additional protection to the eye and cornea, and also spreads tears across the eyeball surface.

Contact

Tara O'Grady
tara@alldocsod.com

Heather Kreidler
hkreidler@foxeyecare.com