



PATIENT NEWSLETTER
MARCH 2025

See

Celebrating
a World
of Vision

EYE TECH

Bandage Contact Lenses: Relieving Pain, Protecting Corneal Health

Bandage contact lenses (BCLs) relieve pain and help protect the cornea and its nearby tissues. BCLs work by creating a comfortable, safe, and ideal environment for the cornea to heal. These lenses are usually worn for a short time until eye problems improve. However, they can be worn much longer for chronic eye conditions.

The cornea requires certain conditions to heal properly but it's also sensitive to pain. A BCL allows epithelium cells to move smoothly to their destination without interference from blinks. It also covers exposed nerve endings to help manage pain. A BCL keeps the eye from drying out when the eyelids are injured.

Recently, BCLs have also been used to supply medication to the eye. Soft contact lenses can be used to release drugs that were soaked into the lens material. This may minimize or eliminate the need to regularly using eyedrops.

Types of BCLs

There are three main types of bandage contact lenses: 1) soft, 2) rigid gas permeable (RGP), and 3) hybrid. Each lens is available in many materials, shapes, and sizes to suit various needs.

Optometrists choose the best type of BCL for each patient based on their individual

eye concerns. Soft BCLs are selected based on what they will be used for. RGPs are custom-designed by your eye doctor to accurately fit your eyes. Hybrid BCLs combine characteristics of soft and RGP BCLs.

Treatable Eye Conditions

Several eye conditions can be treated with BCLs, including corneal abrasions, recurrent corneal erosion, corneal dystrophy, and dry eye and filamentary keratitis. BCLs can also be used to treat neurotrophic keratitis, photokeratitis, corneal ulcers, and corneal perforations. In many cases, patients will also wear a BCL during recovery from eye surgery.

Proper Care & Handling

Typically, BCLs are placed on the eye and removed by your optometrist. Be sure to follow the doctor's instructions carefully.

See the Table for some do's and don'ts of BCL hygiene.

When to See a Doctor

Since complications can arise with BCLs, patients should be seen regularly by their optometrist and follow their doctor's instructions carefully to avoid complications in the future.

TABLE: The Do's and Don'ts of BCL Hygiene

DO	DO NOT
<ul style="list-style-type: none">Clean your hands before handling and cleaning the lensesUse fresh contact lens solution every time you place the lenses in the caseClean your contact lens case daily and replace every 2 months	<ul style="list-style-type: none">Never "top off" solutions in the case when storing lenses at nightDon't bathe or swim with contact lenses in your eyesAvoid sleeping in your lenses unless you were explicitly recommended to do soNever use saliva or tap water to clean the lenses

SCEYENCE

Why We Roll Our Eyes: Can We Stop?



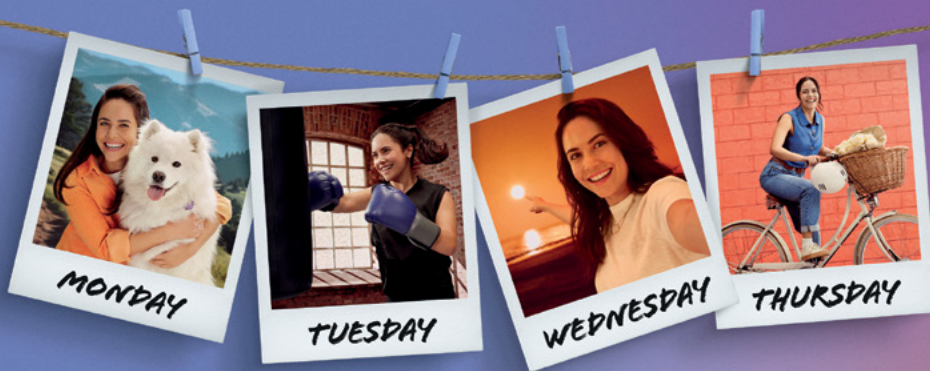
Everyone has reacted to someone or something with a dramatic eye roll, but there are many reasons for which we roll our eyes, including frustration, annoyance, and even exhaustion. Eye rolling is one of the leading cues to communicate contempt, according to experts.

Studies suggest that eye rolling is a learned, natural expression; it's not an innate response. Researchers believe that children learn to roll their eyes by witnessing the behavior from parents, siblings, or television. They then learn to apply it to their own relationships.

Some people roll their eyes frequently but don't even realize they're doing it. As such, it's helpful to have someone tell them to stop rolling their eyes and explain what it means in a kind, gentle way.

If you're an eye roller, reexamine your behavior and get to the root cause of the issue. Some studies suggest that habitual eye rollers who ask to be kept accountable when they perform the act will reduce and eliminate their habit.

Although we won't always agree with what everyone says, there are more respectful ways to express your disagreement than with an eye roll.



NEW PRECISION 7®

Start and end every week fresh™



ENJOY 7 DAYS OF FREEDOM



Looking for contact lenses that will keep up with you? Try new PRECISION7®, the only 1-week lens with ACTIV-FLO® Technology that offers 16 hours of outstanding comfort and precise vision, even on day 7. All at an affordable price.

ASK FOR A FREE* 7 DAY TRIAL TODAY.
Scan here to learn more.

*Eye exam may be required before lens trial. Professional fees may apply. Offer available at participating offices. Important information for PRECISION7® (searfilcon A) contact lenses: For daily wear or extended wear up to 8 nights for near/far-sightedness. Risk of serious eye problems (e.g., corneal ulcer) is greater for extended wear. In rare cases, loss of vision may result. Side effects like discomfort, mild burning or stinging may occur. Ask your eye care professional for complete wear, care and safety information. ©2024 Alcon Inc. US-PR7-2400165.

Alcon

EYE-DROPS

Newborns have limited color vision, gradually developing the ability to see different colors over the first few months.



THANK YOU TO OUR NEWSLETTER SPONSORS

Alcon



BAUSCH+LOMB
See better. Live better.

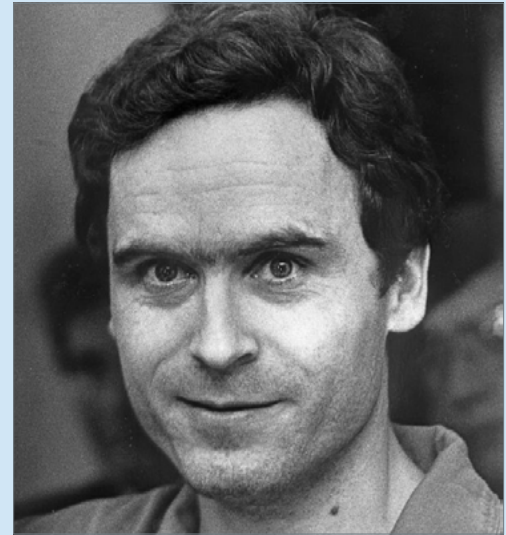
BAUSCH+LOMB
Specialty
VISION PRODUCTS

Johnson & Johnson VISION



INSIGHTS

Examining Eye Behaviors of Psychopaths



Although psychopaths have long been portrayed in the media as societal stereotypes, the truth behind psychopathic behaviors is much more than meets the eye. Various studies exploring eye behaviors have found differences between psychopaths and non-psychopaths, especially regarding pupillary function and eye contact.

Clinical studies have shown that psychopathic people show different eye behaviors than non-psychopathic people, as evidenced by both pupillary responses and a lack of eye contact. That said, it's important to remember that eye behavior is nondescript and may be reflective of other social stressors. Just because a person struggles with eye contact doesn't mean they are a psychopath.

It's highly unlikely you would be able to identify a psychopath by just examining their eyes because facial expressions and eye behavior can be subjective. Researchers have found that minimal eye contact is common in psychopaths. However, there are other reasons for which people may avoid eye contact that have nothing to do with psychopathy. While lack of eye contact may be a predictor of psychopathy, avoiding eye contact can also reflect other social and mental factors.

Contact

Tara O'Grady
tara@alldocsod.com

Heather Kreidler
hkreidler@foxyeyecare.com