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Care and Contact Lens Center

General Eye Tips

Eye Dominance

Your child probably has a dominant eye. This is the eye your child favors for aiming when playing a sport. Sometimes a child may not favor one eye more than the other; in this case the child should use their dominant hand when throwing. In a case where a child strongly favors one eye, he or she should use the same hand to throw with. When a child throws with the hand opposite their dominant eye, they may have difficulty hitting the target consistently. It is important to know that a right "handed" child is not necessarily right "eyed".

Safety Tips

1. Children should always have polycarbonate lenses, if they wear eyeglasses. Polycarbonate is the most shatter resistant material available.
2. If a chemical should splash into the eye, immediately flush with water for 20 minutes, then go to the doctor. Most damage from acids and bases occur in the first few minutes.
3. Make sure children wear safety goggles when needed.
4. Don't stretch rubber bands or bungee cords away from your face. Many serious eye injuries occur when they unexpectedly snap back.
5. Don't play with laser pointers. If they are shined in the eye, they can cause temporary and possibly permanent vision loss.
6. Don't stare at the sun or bright lights, even with sunglasses. Your eye will focus the light to a pinpoint, like a laser, and possibly cause permanent vision loss.

TV Tips

1. Sit at least 8 feet from the TV.
2. Don't watch TV in a dark room. Your eyes will focus better if the lights are on.

Reading Tips

1. Use good light.
2. Hold reading material no closer than the distance between your knuckles and your elbow. The closer you hold things to your eyes, the more likely you will cause eyestrain.
3. Sit up straight. Don't read leaning over a table or lying down. When possible, hold reading material up and off the desk, and fold it.
4. Avoid working directly in front of a wall, or in a cubicle. Some people's eyes will tend to become nearsighted in a small environment.
5. After 5-10 minutes of reading, refocus on a distant object (over 10 feet away) to relax your eyes. Take a short break after reading for 25 minutes.

Computer Tips

1. Your monitor should be arms length away, with an open space behind it (not against a wall.) A 15-inch LCD monitor causes less eyestrain than a larger LCD or CRT.