



Dept. of Physiotherapy

Contact lens

A thin plastic lens placed directly on the surface of the eye to correct visual defects.

- Contact lens are small, curved lenses placed on the top of the cornea to correct vision.
- They are made up of soft, flexible plastic and comes in various types including daily disposable, weekly disposable and monthly disposables
- They provide an alternative to glasses for people with refractive errors like nearsightedness, farsightedness and astigmatism.
- Proper hygiene and care are essential when using contact lenses to prevent eye infection and maintain eye health.

Types of contact lenses:

1. Soft contact lenses: they are most common type made up of soft, flexible plastic that allows oxygen to pass through the cornea. Because they're soft and flexible, they can be more comfortable and easier to get used to
2. Rigid gas permeable (RGP): it is also known as hard contact lens. It is made up of firm, durable plastic material. These lenses are more rigid than soft lenses and provide crisp vision. They allows oxygen to pass through the cornea
3. Daily disposable contact lenses: these are designed to be worn once and then discard at the end of the day. These lenses eliminating the need for cleaning and disinfecting
4. Extended wear contact lenses: these are designed to be worn continuously, including overnight for up to several days or weeks, depending on type
5. Toric lenses: these are designed to correct astigmatism and have different powers in different meridians of lens
6. Multifocal lenses: these are designed to correct presbyopia by providing multiple powers within the same lens
7. Colored contact lenses: these are designed to change appearance of the eye's color and they are available with or without vision correction.

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