

Eyewear DO's and DON'T's

- Do...have your glasses cleaned and professionally adjusted so they don't fall down your nose.
- Do...wear colored frames -- color will turn your eyewear into a fashion accessory.
- Do...remember that eyewear has style; outdated glasses are as unflattering as an old outfit.
- Do...ask for an anti-reflective coating for your lenses. This will let others see your eyes while helping you see better.
- Do...select known products and brand names. All eyewear is not the same. Just as poor quality window glass and mirrors distort a view, so too does poor quality lenses.
- Do...ask your eyewear consultant about polishing lens edges. Edge polishing minimizes lens thickness, and keeps you from looking "nerdy."
- Do...select eyewear with the assistance of a vision care professional who can help you find attractive and comfortable eyewear to fill your vision needs.
- Don't...be afraid to wear glasses if you have a heavy prescription. A trained eyecare professional can recommend high-index lenses that can accommodate your prescription in a lighter, thinner lens.
- Don't...buy glasses that are so large they hide your eyes plus half your face.
- Don't...wear an old-fashioned bifocal with a line. You will look out of style and out of date. Ask your eyecare professional about no-line progressive lenses.
- Don't...hide your eyes. Make sure the center of your lens is untinted to let your eyes shine through. Consider cosmetically tinting the upper and lower portions of the lens to match your eye color and skin tone.
- Don't... go outside in the daytime without sunglasses with 100 percent ultraviolet (UV) protection. Cataracts have been linked to UV radiation, and squint wrinkles will age you before your time.
- Don't...be afraid to own more than one pair. Eyewear is the accessory that is noticed the most -- the one that frames your eyes.
- Don't...wear broken or "home-mended" glasses. Buy a spare pair "just in case."