



Health + Prevention Oct 16, 2017

Tips for buying eyeglass: How to find the correct glasses for you.

Two things are important when buying new eyeglasses: optimum and relaxed vision as well as a great appearance.

[Application of your new glasses](#)[State-of-the-art technologies](#)[Eyeglass frames](#)[Further assistance](#)

Putting a lot of thought into the selection of new eyeglasses means that they will not only be eye-catching, but they will also reflect and become a part of your personality. Nowadays, it goes without saying that the lenses themselves should provide the wearer with optimal vision. Your eye care professional can help you to not only select the right frames to provide the optimum fit, but can also customize your lenses to perfectly match your requirements.

Sometimes, there is no other alternative but to purchase a new pair of glasses – not just because your eyesight has changed, but also because fashions continue to develop at a regular pace or because you need a second pair of glasses for particular activities. Maybe your old glasses are simply worn out. However, as a result of the wide choice available nowadays, buying new eyeglass frames and lenses is no longer an easy task. Good eye care professionals now offer their customers an endless variety of different models and features. But anyone who knows what to look for will easily find the perfect pair of glasses.

The range of application of your new glasses

When purchasing new glasses, it is very important to think about where they will be used. This can vary widely from wearer to wearer. One of the first questions to ask yourself is: what do I actually

need my glasses for, or what do I need them for predominantly? Someone who works at a computer all day will need different glasses than someone who mainly works outdoors or someone who needs them for sporting activities. The more information the eye care professional is given – and a good eye care professional will always ask plenty of questions – the easier the selection process will be. Think of buying glasses like buying a new car, and let the eye care professional show you and inform you about all the features that may be beneficial to you.

State-of-the-art technologies

And this is another truth that applies when buying glasses: the more customized they are, the better the results that can be achieved in terms of quality of vision, wearing properties and wearer tolerance, for example in the case of varifocals. The concept is similar to that of a tailored suit which is cut to your exact measurements, as opposed to buying an off-the-rack suit. It can be that the latter fits perfectly, but there is no guarantee. Innovative modern technologies such as [> i.Scription® by ZEISS, Individual Fit Technology for progressive lenses](#) or the ZEISS Vision Analysis all contribute towards the customized creation of your new eyeglasses.



Choosing your eyeglass lenses

Once you have found an eye care professional, it is quite normal for you to want to browse the store in search of nice-looking frames. However, not all eyeglass lenses are suitable for every type of frame, so it is usually better to start with the lenses. If you are looking for relaxed and better vision, it goes without saying that the lenses represent the most important component of your new glasses. You will only be able to rely fully on visual support from your glasses if you select the correct lens.

In the past, glass was the predominantly used material. Now, plastic lenses are becoming more and more widespread. This development brings with it some key advantages: the increased shatter-resistance of these lenses ensures a lower risk of injury. High-quality special plastics and a good coating offer protection against painful pressure marks and scratches. But there are other aspects which play an important role when choosing the perfect eyeglass lenses: In addition to the commonplace aspect of diopter strength, other important factors include the refractive index of the material (which is important for the lens thickness), the so-called aspherical geometries (which reduce distortion at the edges of the lens), anti-reflective and curing qualities and shatter-resistance. Additional [> lens coatings](#) or finishes can help to make life with your glasses even easier. Why not try a hydrophobic or anti-static coating, for example?

Our tip: If nothing else, the eyeglass lenses should have a good and efficient anti-reflective coating. This is because reflections caused by glasses are very distracting when out in the sunshine, driving at night or working at the computer. Furthermore, anti-reflective lenses make the wearer almost oblivious to the fact that he or she is wearing glasses.

Perhaps you are thinking about buying tinted or self-tinting eyeglass lenses. But be careful: there is a

huge difference in quality as far as [> self-tinting lenses](#) are concerned. The decisive factor to consider when making a purchase is that the so-called photochromic lenses should react as quickly as possible to changing light conditions, fading back to the clear state indoors and darkening to a tone similar to that of sunglasses in the sun or other bright light. It is also vital for the lenses to provide 100% protection against UVA and UVB radiation.



Eyeglass frames

As far as the frames are concerned, eye care professionals can usually preselect a few suitable models in advance, because they know best when it comes to their product range and, ultimately, they are the ones that will help you find your way through the maze of products and offers. However, make sure you voice your preferences regarding the color, material and price range from the very beginning. The most important thing to keep in mind is that the [> new eyeglasses must suit the shape of your face](#) and also be [> compatible with your chosen eyeglass lenses](#).

The following applies as a rule of thumb: People with a round face should opt for angular frames, whereas people with an angular face are better suited to round frames. People with an oval face are lucky: they can choose from either shape of frame. People with a triangular or heart shaped face will most certainly be advised by their eye care professional to opt for fine, oval shaped eyeglass frames.

Our tip: When choosing your frames, take someone with you who knows you well. A second or third opinion can be really helpful. There are three options available to people that can hardly see without wearing their glasses: you can either ask your optometrist for half-eye glasses or cosmetic glasses, put in single-use contact lenses or have a digital photo taken with the potential new frames, which you can then view on the computer screen to aid your decision.

Another aspect to consider when choosing the frames is the material used. It goes without saying that the weight of the glasses plays a decisive role in your decision. A new frame should feel comfortable from the moment you try it on. If you suffer from allergies, it is also very important that you inquire about the materials used in the frames.

Further assistance following your purchase

In most cases, it takes about three days before you can pick up your new glasses. When you pick them up, the eye care professional tests them to ensure that they sit comfortably on your face. However, they also depend on your feedback.

Our tip: Check if your new glasses sit comfortably. They should not cause any discomfort to your nose, temples or the areas around your ears.

The principle of "out of sight, out of mind" does not apply to the eye care professional in the

slightest. It can sometimes be very helpful when customers go back to their point of purchase one or two weeks after receiving their new glasses in order to make any necessary fine adjustments. However, a good eye care professional will always be happy to provide you with assistance and advice whenever you require it.

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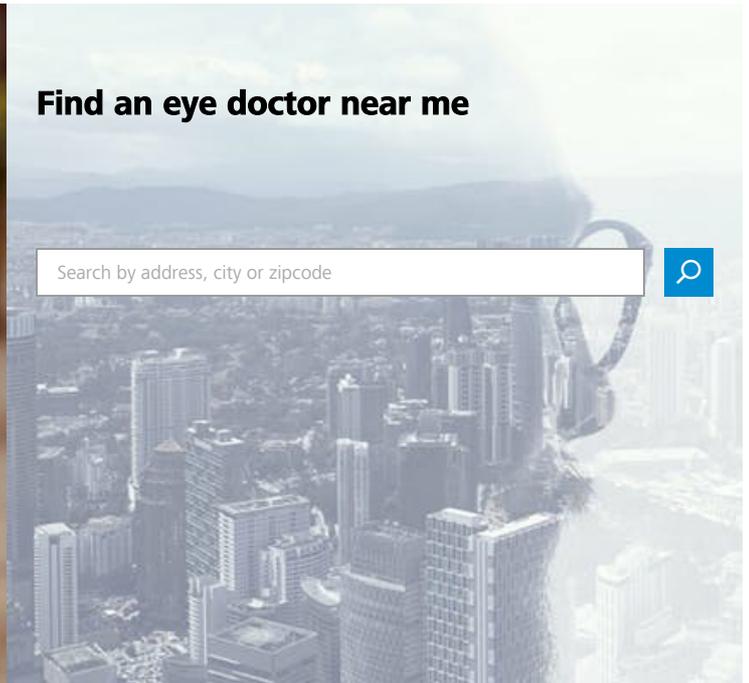
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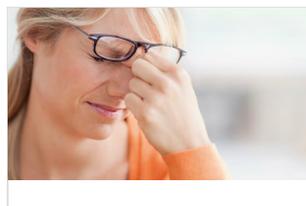
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