Tips About Eye Care You Cannot Find Anywhere Else

Though it may be frequently overlooked by some, eye care really is a topic that requires a good deal of attention and emphasis. The health of the eyes can have significant implications in just about every aspect of life, and is therefore worthy of real effort. The tips below are intended to help you keep your eyes in great shape and get the eye care you need.

Avoid frequent eye strain, for the long-term health of your eyes. While the occasional squinting isn't going to do much harm, if you're doing it on a daily basis, your vision could be in danger. Experts recommend getting an exam to determine if your strain is due to needing glasses and to otherwise go easy on your eyes.

Are you a smoker? If so, stop. Smoking increases the chance that you will have problems with your eyes, like cataracts and macular degeneration. It can be hard to quit, but never stop trying. Even if you've failed in the past, you still have a good chance of being able to quit in the future.

Keep your eyes protected when dealing with hazardous situations. In certain types of unclean or hazardous environments, you should keep your eyes protected by wearing safety goggles. These also include certain sports. Activities like lacrosse, ice hockey, or racquetball can cause eye injuries, which is why you should wear helmets that have built-in face masks or sports goggles.

If [specsavers home eye test](#) wear contact lenses, avoid wearing them while you sleep or for more than 19 hours. Unless you are wearing special lenses that are made for wearing overnight, your contact can deprive your eyes of oxygen and lead to extreme discomfort and possibly serious permanent damage to your sight.

Never share eye makeup with anyone. Bacteria can transfer from one person to another when eye makeup is shared. This can lead to eye irritation and other problems. At the cosmetic counter, avoid using sample products if it has been opened and used by other people already. Ask for a clean sample if available.

If you wear contacts, make sure you take care of them properly. They carry a greater risk of causing eye issues because they sit directly on your eyes. Make sure to clean them properly daily. Make sure your hands are clean, and that you are using a contact solution that is not expired. Never clean them by putting them in your mouth.

In order to minimize eye stress, take breaks when you have to spend long periods of time working in front of a computer. Even taking a two-minute break every half hour makes a huge difference when it comes to the toll that the work takes on your eyes, and you will be more productive.

It is very possible to have an eye condition and not even know it; some conditions do not even produce any symptoms. This is why it is important to see an eye doctor each year, something most people neglect to do. An eye doctor can take a thorough look at your eyes and investigate any problems he or she may find.

When reading or using a computer, incorporate occasional eye exercises. This is as simple as looking away from your target and blinking rapidly. Then, close your eyes and roll them in both a counter-clockwise and clockwise direction. Make sure to breathe deeply while doing so to help bring more oxygen to the capillaries of the eyes.

If your eyes are red and puffy, try applying a cool green bag on each eye lid. The tannin in the tea leaves have anti-inflammatory properties. Soak a couple of tea bags in cold water for several minutes. Then, place them on top of your eyelids for about twenty minutes.

If you want to maintain your eyes healthy and you are a smoker, quit smoking. Smokers are more prone to getting optic nerve damage, macular degeneration and cataracts. If you have attempted to quit smoking before and have failed, keep trying. If you need extra motivation, think about the damage smoking can do to your eyes.

It is sometimes easy to take eye care for granted, particularly if you have never experienced problems with your vision. However, because eye health can have an impact on overall health, it is important to take eye care seriously. By keeping the above advice handy, you can be prepared for anything that comes your way.