

# Eye Care 101: Some Tips And Advice

If you are lucky enough to have good eyesight, then you want to maintain that privilege throughout your entire life. Many people are not as fortunate as you, so you want to always take good care of this luxury. Maintain proper eye care with the following solid tips in the article below, so continue on.

You should wear sunglasses as often as possible. Sunglasses are more than just a fashion statement, they're a source of much-needed protection from the sun. Sunglasses block Ultra-Violet radiation, which can cause serious and long-term damage to the eye. Sunglasses can even prevent wrinkles and cancer from forming around the eye!

You should try eating a proper diet to better care for your eyes. A good diet for maintaining eye health should include items that contain zinc, Omega-3 fatty acids, lutein, vitamin C, and vitamin E. To get these nutrients, try eating items like dark leafy greens, oily fish, eggs, nuts, and citrus fruits.

Avoid touching your eyes with your hand during the day if you had not washed your hands. When you are on the job or in school, your hands are in contact with surfaces that are full of bacteria. If you touch your eyes, you will transfer the bacteria to your eyes and raise the risk of an eye infection.

Although you likely wear sunglasses in the summer, it is also beneficial to wear them in the winter. It makes sense considering snow reflects a lot of light. Even without snow around, the sun is still producing a lot of UV light, even on cloudy days.

People who wear contacts need to take particularly good care of their eyes. While contacts are very useful for vision, if the materials are not properly cleaned and maintained, it can be potentially damaging to eyes. Make sure your contacts are the right prescription and that you follow all instructions provided by your health care professional.

Not all sunglasses are equal and some may do little to protect your eyes. Make sure that they block all UVA rays as well as all UVB rays. Sunglasses should not be solely bought for aesthetic purposes.

If you are still smoking, it is important that you immediately stop. You know smoking can damage your lungs, but it can damage your eyes, too. Long-term smokers have a higher risk of developing eye diseases. Quit right now and your eyes will be thankful.

If you wear contacts, you must follow your eye doctor's instruction carefully. If your eyes feel irritated when you put them on, that can mean that your contact lenses are damaged. Another reason could be an eye problem that is beginning to form. See your eyecare professional right away to prevent a more serious problem.

Avoid glare when possible, including that from your electronic devices. Glare is a concentration of bright light, so you know it is not good for your eyes. If you are using your device where glare is an issue, you should purchase an anti-glare screen protector for your laptop, phone or tablet.

If [home visit opticians](#) start to see more floaters or flashes, see your eyecare professional right away. These may be signs of some deterioration in your eyes. If these go unheeded, it can lead to blindness as you get older. If the conditions are caught early, your eyecare professional can prescribe treatment that can reverse the deterioration.

If you spend a lot of time on the computer, take regular breaks. For a minute or two each hour, focus on a distant object. This will allow your eyes to readjust. You will experience less eye strain and reduce the number of headaches that you experience throughout the week.

Go to the eye doctor on a regular basis to check for any inconsistencies that may disrupt your vision and impact the quality of your sight. If you have any problems, this doctor can give you contacts or glasses you so that you are not squinting during the day, which can cause painful migraine headaches.

Now that you read the above article about good eye care maintenance, you see how important it is to follow this routine. Without a good pair of eyes that most of us take for granted, we will literally feel in the dark about everything. Don't let your best assets go to waste, keep up your good eyesight by sticking to the tips from the above article.