

SELECTING GLASSES

Glasses (except sunglasses) are not recommended unless you need them to enhance your vision. However, if you do need them, well designed frames and lenses help camouflage your artificial eye and at the same time provide protection for your natural eye.

Here are some tips when selecting your glasses:

1. Stay within the fashion trends of the day. Odd looking or old fashioned glasses draw attention to your eyes. This is what we are trying to avoid.
2. Choose high impact safety lenses.
Choose transition lenses (They will help mask differences in pupil size - especially if you have light coloured eyes).
4. Choose larger, rather than smaller lens sizes. The main camouflage effect of glasses is achieved through light reflecting off the surface of your lenses so the bigger the surface, the more you hide. This is especially true, if the upper lid on your anophthalmic side is more sunken than over your natural eye.
5. Glasses with broad side arms will provide more cover than narrow side arms (again, within the boundaries of current fashions).
6. Try to ensure the side arms are placed high up relative to the frame - you don't want your good eye to be blinkered when looking sideways.
7. Use the same prescription for your lenses as if you can see out of both eyes, except:
 - a. If your artificial eye is smaller than your natural eye, you may benefit from lenses that magnify your anophthalmic side slightly more than your natural side.
 - b. Conversely, slightly less magnification will reduce the apparent size of your artificial eye if it is too large.



