

Do's and Don'ts of Eyeglass Care

Whether you wear glasses as a backup when your eyes need a break from your contacts or they're your go-to vision aid, you know that between the frames and the lenses, eyeglasses are an investment.

Of course we treat our glasses with a gentle touch in the beginning, during that period when we're receiving compliments on our new look and the bill is still fresh in our minds.

Unfortunately, after a while, our glasses become just another tool, taken for granted and abandoned to cavalier day-to-day handling.

Here are some tips for keeping your glasses in the best shape possible, even after the honeymoon period is over.

- DO clean your lenses daily with a moist, clean, soft cloth designed for lens cleaning. Wiping your lenses with dry cloths or with paper towels, tissues, or other materials can scratch them.
- DON'T use chemicals, like glass cleaner or ammonia, to clean lenses. Most glasses lenses today are coated to protect your eyes and improve your vision, and chemicals can erode that coating. If you don't have lens cleaner handy, it's better to use water and gentle dish detergent to clean your glasses than harsh chemicals.
- DO protect your glasses when applying hairspray, perfume, or other toiletries. For the same reason you want to avoid cleaning your glasses with chemicals, it's also important to avoid inadvertently coating your lenses with cosmetic products. If possible, remove your glasses or cover them with a washcloth before spraying anything in the vicinity of your face.
- DON'T set your glasses down on their lenses, put them in your pocket or purse without a protective case, or allow your pets to knock them off the nightstand and across the floor (you know who you are).
- DO have your glasses adjusted by a professional at least a few times a year. Regular handling can cause frames to bend and screws to loosen. Your lenses work best when they're seated properly in front of your eyes; minor natural adjustments to the original fit of your frames will interfere with your vision correction.
- DON'T put your glasses on or take your glasses off with only one hand. Any undue pressure or twisting to your frames will not only shorten their lives, it can also affect the way they sit on your face and, as noted above, impact their effectiveness.

- DO thoroughly clean all surfaces of your frames with rubbing alcohol once in a while (rubbing alcohol won't harm the coating on your lenses, but it can leave streaks, so it's best to just use it on your frames). Oils from your face and fingers can gradually build up on plastic and metal, which is unsanitary and can also shorten your glasses' lifespan.
- DON'T leave your glasses in the car during the heat of summer. You might have noticed that the professionals who adjust your frames to fit properly use heat to soften and bend them. Leaving your glasses in the car does the same thing - only they're probably not bending in a way you'll find helpful.

Time and regular handling naturally take a toll on glasses, but you don't have to help them toward an early grave. Following these tips should help you keep your eyewear looking and fitting its best ... at least until you're ready to update your look with a new style again!

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