

About Sight and Smile Centre

Sight and Smile Centre is a state-of-the-art eye and dental care facility established in 2008 in the heart of the Indian capital, New Delhi with the aim of providing world-class healthcare services at affordable costs to all sections of society. Located in Central Delhi, 100 metres from the Patel Nagar Metro station (on the blue line of the Delhi Metro transit system), the facility is also easily approachable by road. Vehicle parking facility is available. Spread over an area of 7200 sq ft, the centre is fully air-conditioned and has an elevator facility for patient convenience. It complies with all fire safety regulations. The comforting ambience, the warm atmosphere and cleanliness make it stand apart. Medical records of patients are maintained for future reference. The facility prides itself in having a fully-equipped ultra-modern eye operation theatre, which is one of the largest in the city. The centre is registered with the Directorate of Health, Govt. of NCT of Delhi and functions from 9 am to 9 pm (Monday - Saturday). Emergency services can be availed round-the-clock. Dr. Pankaj Malik heads the eye department while Dr. Jyoti Malik heads the dental department. It is our constant endeavour to provide such preventive and restorative services to patients that they have the best of sight and smile.



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CONTACT LENS AND LOW VISION AIDS



Patient Information Brochure *Not valid for legal purposes

CONTACT LENS (CL)

What are contact lenses?

Contact lenses are small, curved, disc-like devices designed to rest on the surface of the cornea. They are made of medical grade plastic materials and are used mainly for the correction of refractive errors, namely short-sightedness, long-sightedness and astigmatism. They may also be worn for cosmetic and therapeutic reasons.

What are the advantages of contact lenses vis-a-vis spectacles?

Contact lenses offer a more active spectacle-free life, greater cosmetic acceptability, better and clearer images, lack of misting and a wider field of view than spectacles.

Types of contact lenses

- ◆ **RGP (Rigid gas-permeable) / semi-soft:** These are made of materials which allow oxygen present in the air to directly pass through the lens and are very durable. **They are the lenses of choice for those with uneven corneal curvature as in keratoconus.**
- ◆ **Soft:** These lenses have high water content and offer immediate comfort on wearing. They can be worn for long periods of time. **Based on wear and replacement schedules, they are subdivided into daily wear, extended wear and disposable wear. Disposable lenses may be disposed of quarterly, monthly, fortnightly, weekly or daily.**

Special contact lenses

- ◆ **Toric:** for those with high degrees of astigmatism.
- ◆ **Bifocal:** for both distance and near vision.
- ◆ **Coloured:** for cosmetic reasons.
- ◆ **Therapeutic (bandage):** to promote healing of certain corneal conditions.

Eye care tips for contact lens users

- Clean and rinse the contact lenses with lens cleaning solutions before and after use.
- Avoid using contact lenses while swimming.

LOW VISION AIDS (LVA)

What is low vision?

Low vision is a condition that involves a minimal ability to see (particularly central vision), that is unresolved or uncorrected with traditional eyeglasses, contact lenses, intraocular lens implants or corrective surgery. Significant visual handicap occurs in low vision. Residual vision remains but is insufficient to meet the person's routine needs.

Causes of low vision

A few causes of low vision are:

- Macular degeneration.
- Congenital defects.
- Injury to the eye or brain.
- Diseases like diabetes, glaucoma etc.

Options for low vision patients

Some cases of low vision may be aided with special visual devices called low vision aids. These aids help a person to use the remaining vision to the fullest and are tailored to specific visual needs.

Low vision aids are of two types:

- ◆ **Optical:** These involve the use of one of many types of lenses to improve vision. Examples include magnifying devices (magnifying eyeglasses, hand magnifiers, magnifying lamps, telescopic viewing devices etc) and closed circuit televisions (CCTV's) with adjustable magnification.
- ◆ **Non-optical:** These help bring images closer to the eyes and include larger print items (newspapers, magazines, books, calendars etc), larger and illuminated watches and clocks, voice command obeying devices like computers and instruments providing voice information like clocks, timers, calculators etc.