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The Advantages and Disadvantages of Contact Lenses in a Nutshell by [Julia Roger](#)

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A majority of people who have worn wearing glasses all their lives refuse to make the big switch from the long time companion. Early Contact lenses, which represented tiny hard plastic objects, were something that many glass users were not very comfortable wearing. Newer versions of the contact lenses, soft in feel and with a gas-permeable structure, are better tolerated by people.

There are several reasons contributing to the popularity of contact lenses. In the first place, many people simply hate wearing conventional, black rimmed glasses and prefer the lenses because it augments their appearance. Secondly, lenses have been found to rectify vision imperfections more effectively than traditional glasses. Last but not the least since lenses are moving parallel to the eye, they give the user clarity of vision.

After the advantages, its time to discuss the disadvantages of contact lenses. To begin with, adjusting the lenses is a time consuming exercise and requires a great deal of patience. Moreover, the person using lenses must learn to insert and remove them properly- which if not mastered, may lead to disastrous consequences. Secondly, although long or extended wear lenses come with a thirty days uninterrupted usage assurance, the actual wearing time is found varying from one individual to another. According to doctors, one must remove the lenses at least once in a week for rinsing and cleaning. The user before bedtime should remove gas permeable and daily wear lenses every day.

Thirdly, it is essential for the user to follow hygienic procedures in inserting, removing and cleaning the lenses. Fourthly, lenses with a softer make are prone to wear and tear. To be more specific, you need to handle the lenses more carefully than regular prescription glasses. Fifthly, contact lens users require a check-up session at least once in a year. Sixthly, price is one of the major drawbacks of the lenses. Even if you buy them from contact lenses online dealers, they still cost you way more than regular glasses.

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