

Special lens treatment

- **Anti-reflection coatings:** To minimize reflected light from lens surface and increase light transmission.
- **Photochromic lenses:** Lens changes from transparent indoors to darker tint outdoors in response to UV light.

其他眼鏡及鏡片的選擇

- 運動眼鏡
- 太陽眼鏡
- 變色鏡片
- 濾鏡
- 安全護目鏡
- 稜鏡
- 放大鏡



Other frame / lens types

- Sports glasses
- Sunglasses
- Photochromic
- Colour filters
- Safety goggles
- Prism-controlled lenses
- Magnifiers



Lens / frame care

- To avoid scratching the lenses by dirt when wiping or cleaning your lenses, use diluted detergent and rinse the spectacles under running water to remove surface dirt and grease.
- To protect anti-reflection coating, do not use hot water to clean the spectacle lenses.
- Avoid using tissue paper or clothing to clean lenses.
- To avoid deforming your spectacles, put on and remove your spectacles using both hands.
- Change your spectacle lenses if colour of the lenses has changed to yellow or if there are surface scratches.



欲知更多護眼資料, 請瀏覽:

<http://www.polyu.edu.hk/so/patients/eyehealthtips.htm>

For more information on eye care, please visit:

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鏡片/ 鏡架保養

- 為防止抹鏡時鏡片被塵埃弄花, 每天可用稀釋的中性洗潔精清洗眼鏡, 然後用清水沖洗, 以去除表面的塵埃和油脂。
- 為保護鏡片表面的不反光塗層, 切勿使用熱水清洗眼鏡。
- 避免使用紙巾或衣物揩抹鏡片。
- 為免眼鏡變形, 應用雙手戴除眼鏡。
- 如發現鏡片變黃或表面有明顯刮花, 便需要更換鏡片。

The Optometry Clinic 眼科視光學診所



眼鏡驗配服務 Dispensing Service



閣下如需要預約驗眼或配鏡服務, 請聯絡香港理工大學眼科視光學診所。

For more information or to make an appointment, please contact The Optometry Clinic, The Hong Kong Polytechnic University.

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SCHOOL OF OPTOMETRY



Design

With current technology, each part of a spectacle frame could have multiple designs. While frame design may reflect a personal taste, the user should also consider the practical value and ease of use when selecting a frame.

Tips

- Choose a smaller frame for high refractive errors.
- Choose a frame with adjustable nose pads to prevent slippage and allow minor adjustment for lens optics.
- The frame's dimension should fit the wearer's head and face characteristics, never too narrow or too wide.

如何選擇合適的鏡片？

一對優質的鏡片，必須能夠精準地矯正屈光度數、擁有良好的鏡片品質和具備穩定的物料性能。我們的專業眼鏡驗配員會在以下四個範疇，為佩戴者提供意見：

光學屈光度

- **近視**：近視需用負鏡矯正，這類鏡片的邊緣位置最厚，因此鏡片越小，重量越輕。
- **遠視或老花**：需以正鏡矯視，此類鏡片的中央位置最厚。
- **散光**：散光鏡片有多於一個的鏡面弧度，故此鏡片邊緣位置厚度呈有規律性的遞增。



鏡片物料

- **纖維片**：較輕和不易碎，但較厚及易刮花，大部份纖維鏡片可過濾紫外線。
- **玻璃片**：較薄和不易刮花，但較重及易碎，不能完全過濾紫外線。
- **聚碳酸酯片**：最輕巧和堅韌，可保護眼睛免受紫外線傷害。

如何選擇合適的鏡架？

鏡架物料

鏡架物料主要分為金屬和塑膠兩種。由於物料有不同的特性，因此不是所有鏡架物料都適合所有佩戴者。當選購鏡架時，我們的專業眼鏡驗配員會根據佩戴者的屈光度數、眼鏡的特別功能、價格等提供建議。

設計

隨着眼鏡製造技術不斷發展，眼鏡每個組件都可以有不同的設計。佩戴者選擇眼鏡架時，除了考慮不同款式以配合個人品味外，亦應顧及實際價值和佩戴需要。

提示

- 深度數人士可選擇較小和貼面的鏡架。
- 選配有鼻托的鏡架以便調較眼鏡位置及防止下滑。
- 鏡架大小應配合頭部及面形，避免選擇過窄或過寬的鏡架。

How to select a frame?

Material

Frame materials can be broadly divided into two main types, i.e., metal and plastic. Because of the differences in material characteristics, some frame materials are not suitable for particular users. When selecting a frame, our professional ophthalmic dispensers would recommend suitable materials after taking into account important factors such as the nature of the user's spectacle prescription, special spectacle functions, cost, etc.

鏡片折射率

物料折射越高，鏡片的厚度越薄。可供選擇的纖維片屈光指數有由1.5至1.74。玻璃片則是由1.53至1.9。

特殊鏡片的功能

- **不反光鏡片**：可減少鏡面反射，增加鏡片的透光度。
- **變色鏡片**：因應紫外線的強度，鏡片會由室內正常透徹，變為室外較深沉的顏色。

How to choose a lens?

A good ophthalmic lens should provide an accurate optical correction, a good lens quality and stable mechanical properties under most circumstances. Our professional dispensing optician would provide advices on all four categories:

Optical consideration

- **Short-sightedness (Myopia)**: Short-sightedness is corrected by minus/concave lens. The lens is thickest at the edge and thus a smaller lens will significantly reduce the lens weight.
- **Long-sightedness (Hyperopia) or Presbyopia**: Both conditions could be corrected by plus/convex lens. The lens is thickest at the center.
- **Astigmatism**: Astigmatism is corrected by cylindrical lens. A cylindrical lens has more than one surface curvature and therefore the edge thickness varies systematically from one meridian to the next.

Lens type

- **Plastic**: Lightweight and non-fragile; but thicker and easy to scratch. Some plastic materials can block UV light.
- **Glass**: Thin and resistant to scratching; but heavy and fragile, cannot fully block UV light.
- **Polycarbonate**: The lightest and toughest material; helps protect the eyes from UV light.

Refractive index

High-index materials can reduce lens thickness. The available refractive indices for plastic are from 1.5 to 1.74; while for glass they are from 1.53 to 1.9.