

A Guide to Different Types of Contact Lenses and Their Benefits

Even if you're still in your early twenties, you should be aware of the different types of contact lenses available and their benefits. If you're looking for an alternative to eyeglasses, contacts are a great option that can offer clear vision without the hassle. Before purchasing a pair of contacts, it's important to understand the differences between the various types so that you can make an informed decision.

Most people between the age of 18-44 wear soft contact lenses. These lenses are made of a flexible plastic that is highly breathable, allowing oxygen and essential water molecules to pass through it easily. Soft contacts are also extremely comfortable, making them ideal for everyday use. Because they can be left in the eye longer than other types of lenses, they can last up to one month. Here are the most common types of contact lenses that you can buy at <https://www.contactlenses.co.uk/>:

1. Soft Contact Lenses

Soft lenses are the most popular type; they allow oxygen to pass through to the cornea, which is essential for overall eye health. They are also extremely comfortable since the lens material is pliable and can conform to your unique eye shape. Additionally, soft contacts come in both daily disposable and extended wear varieties offering convenience and flexibility.

2. Rigid Gas Permeable (RGP)

Contact Lenses

Rigid gas permeable (RGP) lenses may be the best choice if you have astigmatism. These lenses are made of firmer plastic and can [correct specific vision problems](#) that soft contacts cannot. Although they may initially feel uncomfortable, RGP contact lenses become easier to wear over time. They also require yearly replacements and must be regularly cleaned and disinfected.

3. Toric Contact Lenses

Toric contact lenses are designed [to correct astigmatism](#) and provide excellent vision from all angles. They also have a unique design that helps keep the lens in place as you move around. The main benefit of toric lenses is that they retain their shape, making your vision clear without distortion.

4. Multifocal Contact Lenses

Multifocal contacts are designed to correct both nearsightedness and farsightedness. They have two or more vision-correcting powers in one lens, allowing you to see clearly at all distances. In addition, these lenses can also help reduce the need for reading glasses by providing stronger magnification when needed.

5. Orthokeratology/Corneal Refractive Therapy (CRT)

Orthokeratology is a process in which specially-designed rigid gas-permeable lenses are worn during sleep to reshape the cornea gently. This eliminates nearsightedness without the need for surgery or glasses. CRT lenses must be removed and replaced with regular lenses during the day, but once you get used to wearing them, they can provide clear vision without

any hassle.

6. Scleral Lenses

Scleral lenses are much larger than regular contact lenses and are designed for people with severe corneal irregularities. They offer an excellent fit, providing more comfort and vision correction than traditional contacts. Additionally, scleral lenses can help prevent the potential complications of diseases such as keratoconus or other ocular surface issues.

These are just a few of the different types of contacts available. It's important to talk to your eye care provider about which type is best for you, as each individual's needs vary. Understanding the differences between these options will help ensure that you get the most out of your contact lenses and enjoy clear vision for years to come.



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