



Free Eye Test And Eyesight Examination Announced By Brixton Optician

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Clearvision Eyecare Boutique in Brixton, London, UK, has decided to make the month of October 2018 as the Eye Health Awareness Month. In their drive to help as many local customers as possible, Clearvision is offering free eye examination and eyesight test during the month of October 2018.

Information about Clearvision Eyecare Boutique can be viewed here: <https://clearvisioneyecare.co.uk>

Follow this link for viewing a short video about the current free eye test offer:
<https://www.youtube.com/watch?v=z01VCqUaMPY>

There are several questions that are generally asked by individuals regarding eye tests. In this article, Mrs Neelam Kumar, the owner of Clearvision Eyecare Boutique provides information about the most commonly raised issues.

Eyes Must Be Checked Regularly

Eyes are perhaps the most important organs in the body that allow a person to perceive their surroundings. If one thinks about it, one takes one's car to the MOT once every year. The eyes also deserve a regular check, if not even more care.

The golden rule is that they should be checked everyone to two years, with children and older people getting their eyes checked even more often. For most people, an annual eye test should be just as self-evident as the MOT. The reason is that eyes do change, and this happens ever so slowly to be noticeable by most people themselves.

Only a regular eye test provides clarity and safety, because, nowadays, sophisticated methods are used to check visual acuity and, if necessary, determine the appropriate visual aid. Eye examinations also check for the general health of the eye.

Indications For Getting An Eye Test Done

If one has not been getting regular eye checks, then getting one done as soon as convenient is recommended. But if an individual has the feeling that they can no longer see properly, the letters blur while reading or distant objects or people are no longer clearly visible, then visual impairment has happened, and one should go for the eye test without delay.

There can also be other indirect signs of vision problems: fatigue, tension headaches or irritable, burning eyes, for example, can be a sign. If an individual is often tired and exhausted, has a headache or their eyes cause them any trouble, for example after a long day at the computer, then an eye examination is also recommended.

Finally, as a person having a driver's license, one definitely needs an eye test. Having a good eyesight while driving is required by law. People can have their driver's license confiscated if they are caught with deficient eyesight.

Things To Consider Before Taking An Eye Test

Seeing through the eyes is not a static matter. Not only do the eyes change over the course of a lifetime. They are also subject to slight performance fluctuations throughout the day - always depending on the biorhythm and individual demands. Factors such as diet, physical activity, stress at work and the like have an influence on vision. This should always be borne in mind when it comes to a vision test. Because it is also clear that the less the visual acuity is impaired by daily influences, the more precise the eye test becomes. Therefore, the following tips are recommended:

- Go for the eye test as rested and relaxed as possible.
- One should have eaten and drunk ample before the eye exam.
- Take proper time for an eye test and never do it in a hurry.

It is best to make an appointment for an unhurried and thorough eyesight examination. Allow for ample time for the optician to perform all the proper steps for the eye test.

Action To Be Taken By Contact Lens Wearers Well Before An Eye Test

It is important for contact lens wearers to be mindful about the fact that the cornea of the eye changes slightly when contact lenses are worn. This is not a problem, but it has an influence on the eye test. Therefore, one should remove one's contact lenses in good time before an eye test.

- Remove soft contact lenses at least 6 hours before the eye test.
- Take out hard contact lenses at least 12 hours before the eye exam.

In all cases, it is recommended to inform the optician before the eye test about how long the contact lenses had been removed for, so that they take this into account when conducting the eye exam. This does help in doing a proper eye test.

Eyesight should not be taken for granted, as it is one of the finest gifts we have for doing work, for avoiding dangers and for enjoying life. Clearvision Eyecare Boutique has opened its doors to everyone in Brixton to get a free eye test during the month of October 2018. Everyone interested is recommended to visit the website link provided above and to book an appointment before visiting.

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For more information about Z Clearvision Eyecare Boutique, contact the company here: Z Clearvision Eyecare Boutique Mrs Neelam Kumar 020 7737 3660 clearvisionbrixton@yahoo.com 428-430 Coldharbour Ln, Brixton, London SW9 8LF, United Kingdom

Z Clearvision Eyecare Boutique

Clearvision Eyecare Boutique is a family-run optician in Brixton, London, UK. For over 30 years we have offered accurate eye exams, eye glasses and contact lenses. We have a wide range of frames from NHS approved to the most exclusive eye wear brands.

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