

## Prescription Tinted Lenses

It is important to identify the reason(s) that you want tinted lenses. Below are some common reasons:

### 1. COSMETIC

Prescription lenses that are tinted to “look better” will probably be worn indoors as well as out. Choose a light gray or pastel color. Remember, darker lenses may be dangerous while driving at night and may be inappropriate indoors.

### 2. “GLARE” WHILE DRIVING AT NIGHT

Do not buy tinted lenses for this problem. An anti-reflective coating will be much safer and more helpful. Some people’s eyes change sufficiently at night to require a second prescription. If trouble with glare persists, consult your eye doctor.

### 3. FOLLOWING CATARACT OR EYELID SURGERY

After eye or eyelid surgery, many people require tinted lenses for general outdoor use. Consider neutral gray (40% transmission) with UV protective coating.

### 4. PSORALEN THERAPY FOR SKIN DISORDERS

When outdoors while on Psoralen therapy, lenses that absorb UV rays may be used to decrease the chance of cataract formation. Any lens can be coated with a UV protective material.

### 5. LIGHT SENSITIVITY

Some people complain that they have been “light sensitive” all their lives or that bright light “hurts” their eyes. There are many physical and anatomic reasons for such problems. In all but the most extreme cases, the solution is the same: choose a color and darkness that provides you the least symptoms. When you buy your glasses, choose a bright, sunny day and try out different lenses. You are the best judge of what you need.

### 6. GENERAL EYE PROTECTION

Some scientific evidence *suggests* that light absorbing glasses may decrease the risk of retinal degeneration and cataract formation. The normal lens of the eye and/or clear plastic or glass lenses offer most of the protection your eye needs. However, here are some general comments about buying sunglasses:

- a. The price of sunglasses has more to do with the frame and style than the lens quality. You don’t need to spend a fortune for safe lenses.
- b. Choose a lens that provides 20-40% light transmittance for general outdoor use and 10-15% for bright outdoor use (beach or ski slopes).
- c. Consider lenses that highly absorb blue and ultraviolet rays (wavelengths below and up to 470-550 nm).
- d. Lenses that block light that is reflected up from a horizontal surface (such as off a lake, concrete predominantly highway, or snow slope).