

BEST PRACTICES TO GET YOU BACK TO PRACTICE



Help Your Patients Adapt to Increased Screen Time

Dr. Patel & Dr. Woo share
tips for your patients.

- 1 Make the investment.**
Invest in a good pair of glasses or contact lenses if you have a prescription. An accurate prescription can help your eyes focus properly and may reduce eye strain. An out of date or inaccurate prescription may cause unnecessary focusing issues and headaches.
- 2 Ask for recommendations.**
Ask your eye care practitioner about glasses or contact lens recommendations for increased screen time. There are different lens designs and coatings that are specifically made for patients who spend a large amount of time on computer screens.
- 3 Follow the 20-20-20 rule.**
Take a visual break every 20 minutes, changing your focus to view an object 20 feet away for 20 seconds.
- 4 Track your screen time.**
We typically underestimate our screen time. To better understand how much time you're spending in front of screens, track your screen time, a function through most smart phones.
- 5 Additional considerations.**
Consider using artificial tears 1-2 times a day and warm compresses in the evening. This will help improve gland function and releases the static oil.



Dr. Raj Patel
Vancouver Vision Clinic



Dr. Stephanie Woo
Contact Lens Institute of Nevada

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