

眼鏡片材質及護理

選擇合適的眼鏡片材質非常重要,它不僅影響眼鏡的外觀和舒適感,還關乎眼睛健康。正確鏡片護理程序可以確保視野清晰,避免因視線模糊而造成的不適,也可以延長眼鏡的使用壽命。

Choosing the right spectacle lens material is very important. It not only affects the appearance and comfort of the spectacles, but also affects eye health. Proper lens care procedures can ensure clear vision, avoid discomfort caused by blurred vision, and extend the life of your glasses.



眼鏡片的材質種類及特性

Lens Materials

纖維 Plastic

纖維鏡片的優點是重量較輕及不容易摔破，更提供多種額外功能（如變色鏡片、抗藍光鏡片、近視控制鏡片等）。隨著造鏡技術的進步，纖維鏡片的耐磨程度已得到顯著提升，甚至媲美玻璃鏡片，因此成為現時配鏡的主流。

The advantages of plastic lenses are that they are lighter in weight and not easy to break, and they also provide a variety of additional functions (such as photochromic lenses, anti-blue light filters, myopia control lenses, etc.). With the development of lens-making technology, the plastic lenses becomes more durable and even comparable to that of glasses. It has become the mainstream of current eyewear.

玻璃 Glasses

玻璃鏡片的優點是防刮花能力較強，折射率也較高，鏡片相對較薄及美觀。但缺點是重量較重及容易摔破，不適用兒童配戴。因此選配玻璃鏡片的客人已慢慢減少。

The advantages of glass lenses are strong scratch resistance, high refractive index, relatively thin lenses and beautiful appearance. However, the disadvantage is that it is heavy and easy to break, so it is not suitable for children to wear. Therefore, the number of customers choosing glass lenses has gradually decreased.

如何選擇？How to choose?

- 1 — 屈光度數**
根據是近視、遠視還是散光等需求，選擇相應的鏡片度數。
Consider visual needs and spectacles prescriptions.
- 2 — 視力需求和喜好**
根據自己的喜好和視力需求，選擇合適的材質。
According to your own preferences and visual needs, choose the appropriate material.



鏡片護理及清潔

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正確地清潔鏡片有助延長鏡片壽命，本中心視光廊提供鏡片護理 **Tips** 給你，讓你的鏡片長期處於最佳狀態！



- 使用室溫清水及稀釋梘液清潔鏡片及鏡框
- 使用柔軟、乾淨的纖維眼鏡布抹淨鏡片
- 使用噴髮劑或香水時，應先除下眼鏡
- 宜用溫和清潔配方鏡片清潔拭紙

- Use room temperature water and diluted liquid soap to clean lenses and frames.
- Use a soft, clean fiber glasses cloth to clean your lenses
- When using hairspray or perfume, you should take off your glasses first.
- Use special lens cleaning wipes with mild cleaning formula



- 不要使用熱水清洗眼鏡
- 不要使用紙巾擦拭鏡片
- 不要使用消毒酒精清潔鏡片
- 應盡快清潔鏡片上的水跡，切勿風乾

- Do not use hot water to clean your glasses.
- Do not use paper towels to wipe lenses.
- Do not use alcohol to clean lenses.
- Water stains on the lenses should be cleaned as soon as possible and do not allow them to air dry.



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眼鏡護理的重要性

延長使用壽命

Extend lens longevity

定期保養可以大大延長眼鏡的使用壽命。

保護視力健康

Protect your eye health

良好的眼鏡護理有助減少眼睛受到傷害。

提升美觀舒適

Improve beauty and comfort

整潔的眼鏡會為您增添自信和舒適感。



本資訊由香港盲人輔導會視光廊提供

All information is provided by Hong Kong Society for the Blind Vision Corner



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