

Sight Matters

FAQ Sheets

Types of Soft Contact Lenses

Soft contact lenses are made of a unique hydrophilic (“water loving”) plastic material which absorbs water. It is the presence of this water that makes the lenses soft and comfortable.

A number of these soft materials are available. Some contain more water than others, or are softer or more durable. Many are disposable.

Soft contact lenses are easy to adjust to and will provide comfortable wear within a short time. However, good lens care habits are important in order to obtain maximum benefit and continued comfort. These habits will be developed by carefully following the advice of your optometrist. Standard contact lens instructions may need to be varied at the time of dispensing to suit you personally.

Soft Lenses are the choice of approximately 95% of contact lens wearers due to their comfort and the many options available.



Daily Wear

These contact lenses are worn only during the day, and removed when sleeping. The lenses may be on a frequent replacement program with new lenses daily, weekly, or monthly and may also be called “Disposable” contact lenses. There are also longer term replacement options such as every three, four or six months.

Extended Wear

These lenses are worn overnight, but are removed regularly for cleaning and disinfection.



Toric Lenses

These soft contact lenses can correct astigmatism, though typically not as well as rigid gas-permeable (RGP) lenses. Toric lenses are usually more expensive than other soft lenses and may be prescribed as daily wear or extended wear.

Multifocal Lenses

As a result of the condition called “Presbyopia”, some people need different prescriptions for long distance and near tasks - like driving and reading. In spectacles they could have two pairs, or bifocals, or progressive lenses. They have another option with multifocal soft contact lenses. These provide the different focuses all in one lens; either as daily wear or extended wear.

Coloured or Tinted Lenses

Many daily wear, extended wear, toric and multifocal lenses come in a variety of colours and tints. There are coloured lenses available that can change the appearance of your eye colour to varying degrees.



Examples of opaque tinted soft contact lenses

Decorative (non-prescription) Lenses

These are lenses that do not correct vision, but rather change the appearance of the eye. For example, these lenses can change your eye colour from brown to green.