

Newsletter



VICTORIA J SMITH OPTICIANS

Family Optometrist & Contact Lens Practitioner

Welcome to Victoria J Smith Opticians.

We have lots of news to update you about and some great Springtime offers.



AUTISM, DEMENTIA & CHILD FRIENDLY

If you require a longer eye test appointment for any reason, or if a particular time of day is better for you, please just mention this to the Reception staff at the time of booking.



STRUGGLING WITH THE LOW LIGHT SUN LEVELS WHEN DRIVING?

Make sure you have a pair of prescription sunglasses at hand to help your eyes adjust to the brighter light. Opting for polarised lenses helps defend against glare too.

Other things that will help include:

- Use your sun visor.
- Keep your windscreen clean.
- Slow down.
- Increase your distance between cars.
- SV sunglasses from £119 complete.
- Add £50 for polarised lenses.

DO YOUR EYES FEEL ITCHY, GRITTY, SORE, DRY OR WATERY?

If so, you may be suffering with dry eyes. Why not make an appointment to see Victoria in her dry eye clinic to assess and resolve the problem.

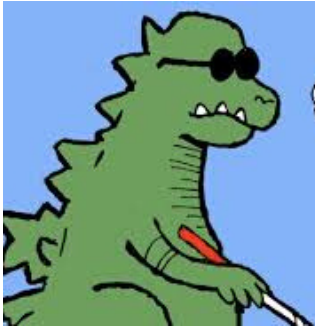
Call 0114 2621955 to make your appointment now. In the meantime try Thealoz Duo Eye Drops 4x per day/every day – it will improve the thickness of the tear film for up to 4 hours.

Available in practice and preservative free and contact lens friendly.

Have you
seen our
latest
window
display?



Joke Corner

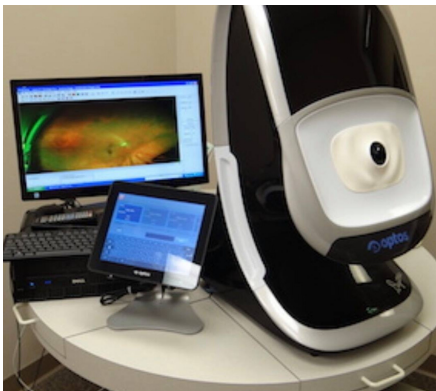


What do you call a
Dinosaur with no eyes?

A 'Do-You-Think-He-
Saurus'!

Optomap Ultrawide Retinal Imaging

The advanced method of checking the health of your eyes. It captures more than 80% of your retina in 1 image. We recommend all patients have a regular Optomap retinal imaging.



What is OCT?

OCT - Optical Coherence Tomography - is an advance eye scan for people of all ages. Similar to ultrasound, OCT uses light rather than sound waves to image the different layers that make up the structures at the front and back of your eye. The OCT machine captures both a photograph and a cross-sectional scan of the eye at the same time.

The scientific stuff!

Using a top-con state of the art 3D OCT camera, your optometrist will take both a digital photograph and a three dimensional cross sectional scan of the back of your eye in one sitting. This allows both instant and early diagnosis of a number of common ocular conditions. The scan is non-invasive, painless, simple and quick. What's more, the software can automatically detect even the most subtle changes to the retina with every eye test you have. This gives you an invaluable ongoing record of health and condition of your eyes.

OFFER
COMBINED COST FOR BOTH
£49.00



Vision Aid Overseas

(Incorporating **OPTOMETRY GIVING SIGHT** in the UK)

RECYCLING

We collect all unwanted glasses for Vision Aid Overseas.



CONTACT LENS RECYCLING

We recycle soft contact lens, foil lid and plastic blister - any brand.



THANKYOU

A big THANKYOU to everyone who supported our Christmas tombola for Sheffield Royal Society for the Blind. We raised an amazing £387.11.



USE IT OR LOOSE IT

Do you subscribe to Westfield Healthcare? Did you know you can use your allowance for sight tests, contact lens check. contact lenses, solution, spectacles, OCT and Octomap. Make sure you know when your allowance period is.