



Thomas P. Finley, OD

Dr. Finley received his Bachelor of Science degree from St. Francis College in Pennsylvania, and his Doctorate of Optometry from the Pennsylvania College of Optometry. Following graduation, he served as an optometrist in the U.S. Air Force and was awarded the Meritorious Service Medal and the Commendation Medal.

Dr. Finley has served as an adjunct clinical professor for three optometry schools and has been a clinical investigator for two major contact lens companies. He has published several articles in professional and trade journals and local newspapers, as well as lectured at many conferences throughout the area.

Dr. Finley is a Fellow of the American Academy of Optometry, a Fellow of the Virginia Academy of Optometry, and a member of the American Optometric Association, Virginia Optometric Association, Northern Virginia Optometric Society, and Armed Forces Optometric Society. He is an Advisory Board member for TLC Laser Eye Centers, and area Administrator for Vision Source, a national network of independent optometrists.

Locally, Dr. Finley serves as an active member of the Herndon Rotary Club (past president), Chamber of Commerce (past board member), Optimist Club (youth sports' coach), Knights of Columbus (past board member), and current board member for the Jeannie Schmidt Free Clinic. He was awarded Herndon's "Distinguished Service Award," the Chamber of Commerce's "Small Business of the Year Award," and The Times Newspapers "Best Eye Doctor Award." He has owned his practice in Herndon since 1989.

THOMAS P. FINLEY, OD
709 Pine Street
Herndon, VA 20170
703-471-7810
www.DrFinley.net

Contact Lenses – You’ve Come a Long Way Baby

By Thomas P. Finley, OD

Contact lenses have been around for many years and continue to evolve and improve. They offer people the ability to see well and comfortably while minimizing their dependence on eyeglasses. This article will touch on the basics of contact lenses.

Contact lenses generally come in two forms: soft and rigid (hard). Over 90 percent of contacts are soft lenses. Soft contact lenses are significantly more comfortable than rigid lenses for a first time contact lens wearer, and also remain slightly more comfortable even after adaptation.

Soft lenses are larger, do not move on the eye as much, are less prone to get dust or dirt underneath them, and are less likely to pop out of your eye unexpectedly. For active individuals, they are a far more popular choice.

Soft lenses are categorized in many different ways. One is based on how long you can keep them in your eyes, or how often you replace them. Do they correct astigmatism? Are they bifocals, custom made, etc? The best lens for you depends on what your needs and wants are, as well as what

lens gives you the sharpest vision, superior comfort and keeps your eyes healthy and free of disease.

Contact lenses are extremely safe, but can still cause serious sight threatening eye problems. Success will depend on how well your doctor fit the lenses and how well you take care of them and adhere to replacement schedules. Cleaning and disinfecting your contact lenses properly is extremely important.

It is also important not to over-wear your lenses, so you will always need a good back up pair of eyeglasses to use when you’re not wearing your contacts. Even when everything seems perfect, eye problems can still occur. If your eyes become red or irritated, remove your lenses immediately and call your eye doctor.

“Contact lenses are extremely popular and a great option for correcting your vision.”

Contact lenses have improved significantly over the years. Materials are better allowing more oxygen to get to the eye. Advanced technology provides better reproducibility. Even

though today’s lenses are better and breathe more, sleeping with contact lenses always increases the risk of problems. We recommend most of our patients remove them every night.

Soft contact lenses are replaced every day, every two weeks, monthly, or quarterly. Daily replacement contact lenses are the healthiest to wear and also most convenient.

You’ll get that fresh new contact lens feeling every day, which also helps prevent problems. They are also easier to take care of, with no required solutions.

Contact lenses are available in a wide variety of powers. People with high degrees of nearsightedness, farsightedness, and astigmatism can oftentimes be successfully fit with contact lenses. Bifocal contact lenses are also available and continue to improve.

Contact lenses are extremely popular and a great option for correcting your vision. As technology improves, so do contact lenses. Even if you haven’t been able to wear them in the past, you may be able to wear them now. Speak to your eye doctor about the new choices available.



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www.drfinley.net
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