

Considerations when Buying Eyeglasses On-line

1. Eyeglasses must be fitted properly to **avoid causing fatigue, headaches, nausea, double vision, and pain or pressure around the nose or ears.**
2. **Proper fitting of eyeglasses** requires that the distance between your pupils be properly located to ensure that your lenses are placed in the appropriate place in your new frames.
3. The curvature of the lenses of your glasses, the height to place the optical centre of the lens in the frame, and the height of the bifocals or progressives (if you wear multi-focal lenses) can all **affect your vision correction** and must be determined in person by a regulated eye care professional.
4. Following an eye examination by an optometrist or ophthalmologist, you are entitled to a copy of your optical prescription. This allows you to purchase eyeglasses from an **individual regulated to dispense eyeglasses** (including your optometrist). Regulated eye care professionals have the expertise to interpret your prescription and help you select the frames, lenses, lens coatings, and customized contact lens fitting that will best suit your needs.
5. Your prescription is just one part of ensuring that your eyewear is helping you see properly. Visiting an eye care professional who can provide **proper eye measurements and advice** is the only way to ensure your prescription is safe and effective. Online sellers are no substitute for a face to face consultation with a regulated eye care professional.
6. Dispensing of eye glasses is a regulated act in all provinces. By buying eyeglasses on the internet, you are purchasing from an **unregulated provider**. Also consider that prescription eyeglasses are regulated as medical devices by the Federal Government. See the HC site on 'Buying Medical Devices over the Internet' www.hc-sc.gc.ca/hl-vs/iyh-vsv/med/med_mat-eng.php
7. If your **optical prescription is expired**, you need to have it updated. An eye examination will confirm your prescription as well as assess your eye health. The expiry period for optical prescriptions is generally one or two years. Using an expired prescription may also void warranties from suppliers. Patients are cautioned to NOT use expired prescriptions.
8. The Canadian Association of Optometrists **cautions against buying eyeglasses online**. Your eye health is too important.
9. For more information, contact your local optometrist.