

At East Quay we believe in providing the best level of care and attention, tailored to meet the needs of each person we see. This philosophy also extends to all our eye care services.

During your visit we take the time to clearly explain the procedures carried out and your results so you understand what it all means.



Six Sunglass Tips

1. Wear sunglasses which carry a British Standard, CE, or UKCA quality mark, because the UV filter protects the eyes and the skin around them.
2. Make sure children wear sunglasses because their bigger pupils make the risk of sun damage much higher.
3. Choose sunglasses that sit close to the eyes to block out more light.
4. Check if your prescription lenses include a UV filter, for everyday protection. (Any SapphireUV coated lenses supplied by East Quay contain E-spf 25 as standard, and Transitions lenses block UV.)
5. Wear a wide-brimmed sun hat for extra protection.
6. Avoid sunglasses without a British Standard, CE, or UKCA mark or an indication of UV protection - low-quality tinted lenses without a UV filter can do more damage than not wearing sunglasses at all, because they cause the pupil to dilate, letting in more UV light!

MYOPIA CONTROL LENSES FOR CHILDREN

Myopia (short sightedness) can progress quickly in children, but with the latest technology it can be slowed down. Studies show that high myopia can lead to severe visual impairment that can no longer be corrected with standard lenses.

For more information please speak to a member of staff.

OCT scans now available with upgraded exams

- Unobtrusively see through the layers behind your retina with a 3D OCT scan, enabling our optometrists to see any abnormalities earlier.
- Scans can detect macular degeneration, glaucoma, diabetes or monitor for any change if you have a family history of these conditions.
- Available as part of our premium private eye examination, or upgrade an NHS sight test for a small fee.

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