

## FOGGY GLASSES

### An Old Problem Gets A Fresh Breath of Air

As patients start to return to your practice, I'm sure, more than ever, you will get questions about the best way to prevent glasses from fogging up while wearing a mask.



Obviously, this is not a new issue. Health care professionals who wear glasses have been personally dealing with this problem from the first time they put on a mask to do their job. But now, with so many of us taking preventative measures to avoid the spread the Covid-19, this is a new issue for many wearers who are starting to wear a mask on a regular basis.

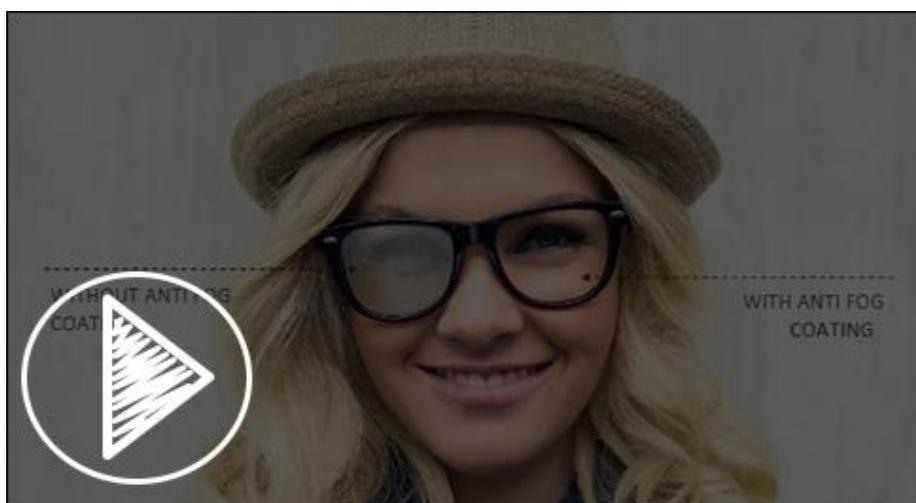
There are many tips that can help prevent the build-up of condensation on lenses. If you can prevent the warm moisture from your breath from escaping the mask directly under the glasses, you will go a long way to stopping fog build-up. This is done by having a **tight fit around the nose and cheek**. You can add a small piece of hypoallergenic tape to aid in this if the mask doesn't have a wire insert to shape around the nose.

Another technique is to tape a small amount of tissue inside the mask at the top. The tissue will capture moisture before escaping the mask.

Letting soapy water dry on the surface of the lens can add a thin film that fog will have difficulty adhering to. This solution works but the benefit is often short lived. Gels designed for this specific purpose will work better but the gel can get messy.

Rather than taking these "low-tech" solutions, consider turning to your lab for a professionally added hard coat with anti-fog properties. This special treatment is a urethane-based thermal cure anti-fog dip coating applied to both surfaces of the lens. The anti-fog performance maintains its properties even after repeated cleaning and doesn't require the wearer to apply a gel to the lens surface.

Be sure to add a question about the need for anti-fog lenses when pre-screening your patients. Vision Rx Lab Canada is based in Mississauga and offers a full range of lens coatings including an Anti-Fog coating in 1.50, 1.53 and 1.59 for all our lens designs. The Anti-Fog coating can be added to clear lenses, Transitions lenses as well as our very popular Blu/Max lenses which block harmful blue light. For more information, contact us at 289.997.8202 or email us at [vision.rx.lab.canada@vrxlab.ca](mailto:vision.rx.lab.canada@vrxlab.ca).



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