

How to Professionally Clean your glasses

Cleaning your glasses properly helps maintain clear vision and prolongs the life of your lenses. Here's a simple step-by-step guide:

1. **Wash Your Hands:** Start by washing your hands thoroughly with soap and water, and dry them with a clean, lint-free towel to prevent transferring oils and dirt to your lenses.
2. **Rinse the Glasses:** Rinse your glasses under lukewarm running water. This helps remove dust and debris that could scratch the lenses during cleaning.
3. **Apply a Drop of Dish Soap:** Apply a small drop of mild, lotion-free dish soap to each lens. Gently rub the lenses and frames with your fingertips, focusing on areas where oils from your skin might build up, such as the nose pads and the edges of the frames.
4. **Rinse Again:** Rinse the lenses and frames thoroughly under lukewarm water to remove all soap residue.
5. **Dry with a Lint-Free Cloth:** Gently dry the lenses and frames with a clean, lint-free cloth, such as a microfiber cloth. Avoid using tissues, paper towels, or clothing, as they can scratch the lenses.
6. **Inspect and Touch Up:** Check for any smudges or streaks. If necessary, use a lens cleaner and a microfiber cloth to remove any remaining spots.

Zeiss Method . My method I use in the clinic. Using Zeiss lens cleaning spray (or similar product) and a Zeiss lens cleaning cloth is an effective way to clean your glasses while ensuring that they remain free of scratches and smudges. Here's how to do it:

1. **Rinse the Lenses (Optional):** If your glasses are particularly dirty or dusty, you start by rinsing them under lukewarm running water to remove any loose particles that might scratch the lenses.



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2. **Spray the Lens Cleaner:** Hold your glasses by the frame, and lightly spray both sides of each lens with the Zeiss lens cleaning spray. Make sure to cover the entire surface of the lenses with a fine mist. Lens wipes are an alternative. But cloth and Spray gives them a real clean.

3. **Wipe with the Cleaning Cloth:** Using the Zeiss lens cleaning cloth (large size), gently wipe the lenses in a circular motion. Start from the centre and work your way out to the edges, ensuring that you remove all smudges and streaks.



4. **Clean the Frames (Optional):** If needed, you can also use the cloth to gently wipe down the frames, especially areas that come into contact with your skin, such as the nose pads and temple arms.

Amazon sells Zeiss and other brands at little cost.

5. **Inspect the Lenses:** After cleaning, hold the glasses up to the light to check for any remaining smudges or spots. If you find any, repeat the process as needed.

Using Zeiss products helps ensure that your lenses are thoroughly cleaned without causing damage, as the cleaning spray is formulated to be gentle on optical surfaces and the microfiber cloth is designed to be non-abrasive

By following these steps, you'll keep your glasses clean and in good condition, ensuring clear vision and preventing scratches.

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