

GENERAL INFORMATION

GENERAL EYE HEALTH



WHAT IS GENERAL OPHTHALMOLOGY?

General (or comprehensive) ophthalmologists treat a wide variety of eye conditions and also perform cataract surgery. All Vision Eye Institute doctors have completed extensive specialist training in order to become a general ophthalmologist.

In addition, many have undertaken further training and extra qualifications in specific diseases or conditions affecting the eye – this is called subspecialisation. In certain situations where more specialised care or surgery is required, a general ophthalmologist may refer you to a subspecialist.

Why should I have regular eye checks?

Maintaining good eye health is important, but we often take our eyes for granted. A number of eye conditions have no obvious symptoms until the advanced stages. In fact, around 90% of all vision loss is actually preventable or treatable.¹

From the age of 40, it is normal to experience changes in your vision. Your risk of developing certain eye conditions also starts to increase. Have regular eye tests with your optometrist to ensure any issues are detected and treated as early as possible.

REFERENCES

1. Australian Government Department of Health and Aged Care. Eye health Available at: <https://www.health.gov.au/health-topics/eye-health> (Accessed 22 October 2025)





TIPS FOR HEALTHY EYES

WEAR PROTECTIVE EYEWEAR

To avoid eye accidents, wear high-quality protective eyewear (safety glasses and goggles, safety shields, eye guards) when playing sports or doing activities such as mowing the lawn, using hand tools or spray painting.

QUIT SMOKING

Smoking greatly increases the risk of developing a retinal disease (e.g. age-related macular degeneration) and cataracts, worsens existing vision problems and can cause optic nerve damage, leading to blindness.

PROTECT YOUR EYES FROM UV RAYS

Wear good-quality sunglasses that block out 99–100% of both UVA and UVB radiation and a wide-brimmed hat to avoid sun damage to your eyes. The sun can cause cataracts, eye cancers, photokeratitis (eye sunburn) and pterygia (Surfer's Eye).

AVOID FLASH BURNS

Flash burns of the eye are like sunburn and can cause a painful inflammation of the cornea. Exposure to a welder's torch, reflection off water or snow, or looking directly at extremely powerful lights, such as a photographer's halogen flood lamp, can cause a flash burn on your eyes. Protective eyewear should always be worn in any of these situations.

TIPS FOR HEALTHY EYES (CONTINUED)

TAKE BREAKS FROM THE COMPUTER

Spending a lot of time at the computer or focusing intently on something is linked to eye fatigue and a decrease in blinking. Try the 20-20-20 rule – every 20 minutes, look 20 feet (roughly 6 metres) away for 20 seconds. This can help reduce eye strain and encourage blinking.

USE CONTACT LENSES AS DIRECTED

Incorrect use of contact lenses can be bad for your eyes. Make sure you follow the hygiene and handling requirements of lenses and cleaning solution as directed, and visit your eye care specialist if you are having trouble with your eyes.

DON'T RUB YOUR EYES

Excess rubbing of your eyes can increase eye pressure and/or damage the cornea, potentially causing keratoconus, a degenerative disease that leads to significant visual distortion.

THROW AWAY OLD MAKEUP

Replace cosmetic eye products every three months and regularly wash makeup brushes thoroughly with hot water and soap to avoid transferring bacteria to your eyes. Be especially careful if you wear contact lenses and do not share eye makeup with others.

EAT YOUR WAY TO HEALTHY EYES

To maintain good eye health, eat a healthy, balanced diet containing fish high in omega-3s (e.g. salmon), leafy greens, brightly coloured fruits and vegetables, and nuts and seeds.



MAINTAIN A HEALTHY WEIGHT

Extra weight is known to increase blood pressure which can put stress on the delicate blood vessels in your eyes. Damage to these blood vessels can cause vision problems. Being overweight or obese also increases your risk of developing diabetes and other medical conditions, which can lead to eye conditions such as diabetic retinopathy, age-related macular degeneration and glaucoma.

KNOW YOUR FAMILY'S MEDICAL HISTORY

Many eye diseases and conditions are hereditary – that is, the increased risk of developing the condition is inherited in your genes. If someone in your family has been diagnosed with an eye disease, you may be at higher risk of developing it yourself. It's important to make sure all of your healthcare providers know your family's medical history. This is particularly true if a family member has been diagnosed with an eye condition.



COMPREHENSIVE EYE CARE



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Vision Eye Institute is the largest private provider of ophthalmic services in Australia. Our team of highly regarded doctors includes general ophthalmologists as well as those who specialise in specific areas/conditions of the eye.

LASER EYE SURGERY



CATARACT & LENS SURGERY



GLAUCOMA



DIABETIC EYE DISEASE



MACULAR DEGENERATION



RETINAL CONDITIONS



KERATOCONUS



DRY EYE



PTERYGIUM



CORNEAL TRANSPLANTATION



CORNEAL CONDITIONS



NERVE-RELATED VISION PROBLEMS



RECONSTRUCTIVE EYE SURGERY



CHILDREN'S EYE HEALTH



GENERAL EYE HEALTH



OUR GENERAL EYE CLINICS

For more information or to find a Vision Eye Institute clinic that treats general eye conditions, visit:

visioneyeinstitute.com.au/services/general-eye-health

This information is general in nature. All medical and surgical procedures have potential benefits and risks. Consult your ophthalmologist for specific medical advice.



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