



UHMC eyecare is conveniently located on the ground floor of Upper Hill Medical Centre.

It is operated by a highly skilled and friendly team to ensure that your primary eye care needs are met.



## Services

With the help of our up to date equipment, we ensure that you get comprehensive eye check-ups by a qualified optometrist.

The optometrist on board will:

- 👁️ Conduct a thorough eye test for refraction diagnosis
- 👁️ Fit both hard and soft contact lenses
- 👁️ Red eye evaluations
- 👁️ Dry eye management
- 👁️ Ocular allergies management
- 👁️ Optical treatment for binocular vision anomalies
- 👁️ Glaucoma diagnosis
- 👁️ Advise on maintenance of proper eye health



## Products

- ✓ We do stock the best brands of designer frames to help you get the look that you want.
- ✓ We offer high technology lenses that gives better clarity
- ✓ We have a wide range of sunglasses which include:
  - Prescription and non-prescription sunglasses
  - Clip on sunglasses
  - Polarised sunglasses
- ✓ We also have contact lenses made from silicone hydrogel which greatly improve the comfort of the wearer. Our team will be able to coach you on how to wear, remove and take care of your contact lenses



## Facts:

- 👁️ Did you know that UV and other radiations from the sun can harm your eyes?
- 👁️ Extended exposure to the sun's UV rays can cause cataracts, macular degeneration, swellings on the lids and inflammation of the cornea that can lead to temporary vision loss

## What to do:

- 👁️ Ensure that your sunglasses has 100%UV protection. Please note that not all sunglasses have 100% UV protection, hence you need to confirm with your optician whether you have safe sunglasses.
- 👁️ Remember to wear your sunglasses when you are in the outdoor or even under a shade
- 👁️ Even if your contact lenses have 100% UV protection, you still need sunglasses since the contact lenses do not cover the whole eye.
- 👁️ Children are more susceptible to UV rays damage since they spend more time on the outdoors. It is important to equip them with the right sunglasses.



## Customer Care

Our professional staff carefully listens to clients in order to determine their needs and provide the best possible solution.



BusinessHours:OpenMonday-Friday: 8:00am-5:30pm and Saturday 8:00am-1:30pm

Visit or contact us.

We are located on ground floor,UHMC Ralph Bunche Road.

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