

## Facilities

- Comprehensive eye care
- Vitreo-retinal surgery-for eye haemorrhages, macular hole, infections, epiretinal membranes, retinal detachment, foreign bodies and complicated diabetic eye disease
- Fundus fluorescein angiography-to see leakages in diabetic retinopathy,vascular occlusion, maculopathies, aging eye
- Indirect ophthalmoscopy and slit lamp bi-microscopy-for complete evaluation of retina
- Laser for diabetic retinopathy, vascular occlusion, retinal holes and other macular diseases
- YAG laser for 'after-cataract'
- Cryotherapy for retinal breaks and eye tumours
- Buckling surgeries for retinal detachment
- Glaucoma diagnosis and treatment
- Orthoptic exercises and surgery for squint

*Expertise, Technology, Care*



## The Eye Clinic

Centre for Retina & Lasers

[www.the-eye-clinic.in](http://www.the-eye-clinic.in)

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# Computer Vision Syndrome



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## Computer Vision Syndrome

“Changing life styles with the advent of new technology brings in new problems.”

Looking at a computer screen or video display unit for eight hours or more each day can lead to problems with your eyes in addition to postural disorders.

Eye problems may be many:

- Eye fatigue
- Dry eyes
- Redness or irritation in the eyes
- Discomfort for contact lens users

### Precautions to be taken

- For dry eyes, you can use artificial tears to wet the eyes
- The most convenient position for our gaze is to look a few inches below eye level. When you are seeing at this level the shoulders, neck and eyes are at a comfortable position. Seeing things above eye level would entail arching your neck and forcing your eyes to open opening your eyes wider than you normally do. Lower your computer monitor 4-8 inches below your eye level.
- Blink consciously every now and then.
- Take a short break each half hour and relax with your eyes gently shut.

### Workstation arrangement

- The monitor must be straight in front of you and not at an angle with the centre of the screen 6 inches below eye level.
- The monitor must be 20-30 inches from your face. This is considered ideal distance. If the distance is greater or less than this, it could indicate the presence of eye problems or cause problems in vision and posture eventually.
- The illumination should be such that the light does not reflect from the computer screen.
- Bright lights at the periphery of vision and from directly overhead may also be a problem. Organize the lighting so that the illumination is comfortable for you.

### Corrective equipment

- Most monitors nowadays have a built in antireflective mechanism, if such is not there, an anti-reflective screens can be fitted on to your monitor.
- Spectacles with anti-reflective coatings may be used.

