

See And Be Seen  
This Halloween

For Immediate Release

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Halloween. A time for Tricks and Treats and Things That Go Bump in the Night. But according to Dr. Daniel L. Mason, Therapeutic Optometrist, Halloween can also be a time of sight-related hazards. Dr. Mason offers these tips to ensure a safe and happy Halloween.

“Decorating the face with makeup approved for the skin is almost always preferable to masks,” Dr. Mason explained, “The eyeholes on the mask can be too small to allow full vision or the mask shift during wear and obstruct sight”

Dr. Mason added that it is important that the makeup be approved for use on the skin and that care should be taken to keep the makeup away from the eyes when putting it on and taking it off.

Decorative contact lenses that make the eyes look like cat eyes or with wild designs are generally safe, said Dr. Mason. “But remember that any contact lens is a medical device and must be prescribed by and worn under the supervision of an eye doctor”

“Do not buy contact lenses from any unauthorized outlet,” Dr. Mason added. “A contact lens that is not fitted or worn improperly can cause serious eye problems like corneal ulcers, corneal abrasion or conjunctivitis”

Dr. Mason also recommends the following to make certain that Trick or Treaters can see and be seen on Halloween:

- Wear reflective clothing or place reflective tape on Trick or Treat bags and clothing
- Carry a flashlight. “Glow sticks” that are sold for Halloween are filled with a chemical that can cause eye irritation.
- Tie hats and head scarves securely so they don’t slip over the eyes and obscure vision.

Dr. Mason\_owns and practices at Bonita Point Family Optometry located at 180 Otay Lakes Rd., Suite 201, in Bonita, CA. and is a member of Vision Source, the nation’s number one network of private practice optometrists. Founded in 1991, The Vision Source network includes more than 2,100 offices in all 50 states and in Canada

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