



Contact Lens Information

1. Contact lens wear is a popular and very safe alternative to wearing glasses. Only occasionally can contact lens wear create a problem. Below you will see the risks involved and then also the ways one can significantly decrease these risks.

Risks

Serious (permanent vision loss, or complete loss of the eye)

Infection of the cornea (front part of the eye) called **bacterial keratitis**

Scarring of the cornea

Perforation of cornea

Corneal infection from **Acanthamoeba** causing any of the above (from exposure to tap water)

Less serious

Blood vessel growth on to cornea called **pannus**

Giant papillary conjunctivitis (contact lens intolerance, redness, itching, mucous discharge)

Redness, itching (seasonal allergies, allergy to CL solutions)

Contact lens intolerance from dry eye

Rules of Contact Lens Wear

Wash your hands before handling contact lenses.

Do not sleep in your lenses unless wearing **Extended Wear Lenses**.

Do not let tap water or lake water touch your lenses.

Do not shower with lenses

Do not swim with lenses

Do not hot tub with lenses

Do not water ski with lenses

If you are wearing lenses and they become painful, remove them.

Check for tears, rinse lens. If still painful, remove for the day.

Consider replacing lens if disposable or frequent replacement type lens.

If upon awakening your eyes hurt or are red, do not wear your lenses till your eyes are clear.

If your eyes continue to be painful, light sensitive, or have discharge consult Dr. Beck/ER immediately.

After putting in your lenses, drain the solution from the case and let it air dry during day.

Replace your lens case periodically.

Don't cheat on replacing your disposable lenses to save money. Change on time.

Be sure you have a decent pair of glasses.

If you can't wear your contact lenses for some reason, you still will be able to work and drive etc.

Do not put lens in mouth to "re-wet" it, if it falls out.

