

## In Case of Emergency:

After hours:

Office hours:

# TAKE CARE WITH CONTACT LENSES



Produced by:



For more information visit  
<https://www.brienholdenvision.org>

## Safe Contact Lens Wear

Produced by:



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Contact lenses are a popular means of vision correction but complications can occur. A corneal infection is potentially the most serious complication which can lead to loss of vision.

## What is corneal infection?

Infection of the clear tissue at the front of the eye forming a painful ulcer

Symptoms might include:

- Pain & Irritation
- Redness
- Tearing or discharge from your eyes
- Swollen eyelids
- Sensitivity to light
- Blurred vision



In almost all cases symptoms worsen even after contact lenses are removed

## How often do infections occur associated with contact lenses?

Fortunately contact lens related corneal infections are rare affecting about 4 in 10,000 contact lens wearers each year. Vision loss due to corneal infection associated with contact lenses is less common and affects 6/100,000 contact wearers annually.

## What do you do?

Remove your contact lenses as soon as possible and you will need specialist eye care. See contact details over leaf

## Medical care for a corneal infection:

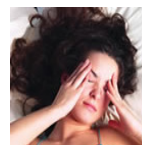


- Examination with a slit lamp biomicroscope (pictured)
- Samples may be collected for laboratory analysis
- Eye drops usually every hour (around the clock)

This condition needs to be recognized and the correct treatment started on the same day

### Reducing Risk

- **No overnight wear**
- **Good hygiene**



**= 4 times**

Sleeping in lenses increases the risk of infection (4 times)



**= 4 times**

Poor hygiene increases the risk of infection (4 times)

## Additional information:

- Wash your hands before handling your lenses
- Clean your lenses every removal as instructed
- Clean your contact lens case and leave to air dry
- Replace your contact lens case regularly
- Contact lenses should not be worn when you are unwell
- Additional care is required when swimming
- Smokers have a higher risk (3 times) than non smokers

**Seek professional advice about the best contact lenses for you**