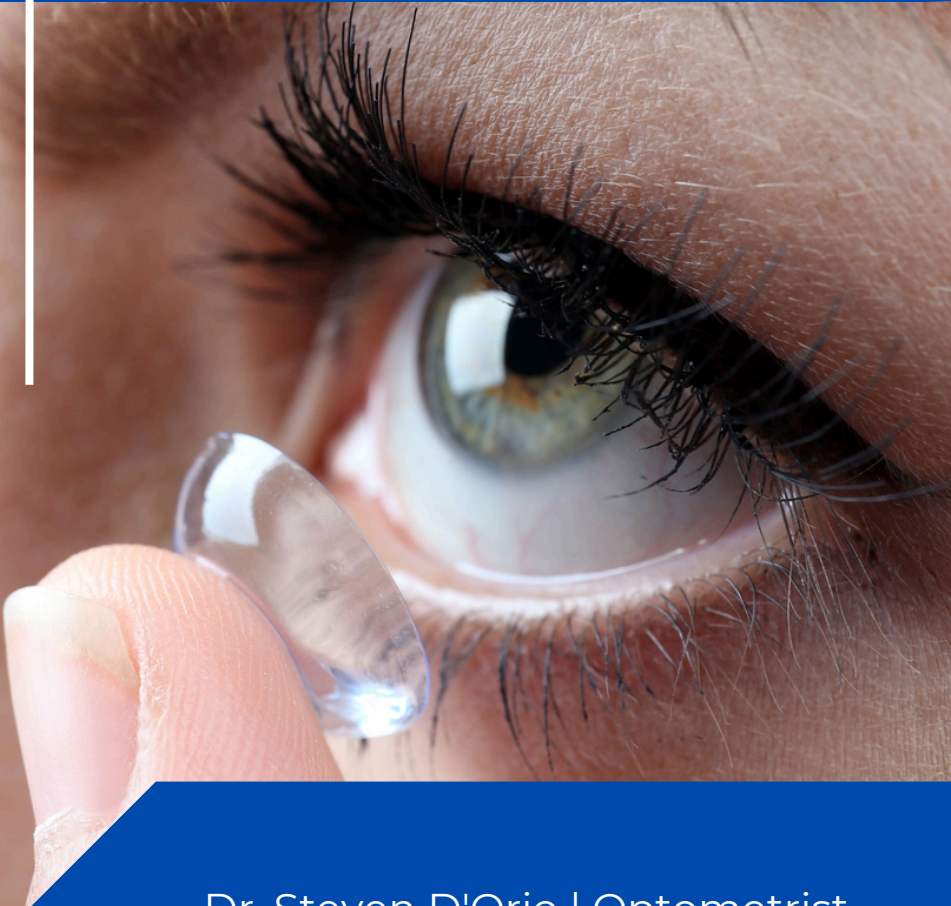


# CONTACT LENS IRRITATION



Dr. Steven D'Orio | Optometrist



Contact Lens Irritation can be caused by a variety of factors such as dryness, environment, wear time, and lens material. While most people adapt well to contact lenses right away, some people may feel slight irritation which resolves as the eye gets used to the sensation of contact lenses.

### **Lens Fit**

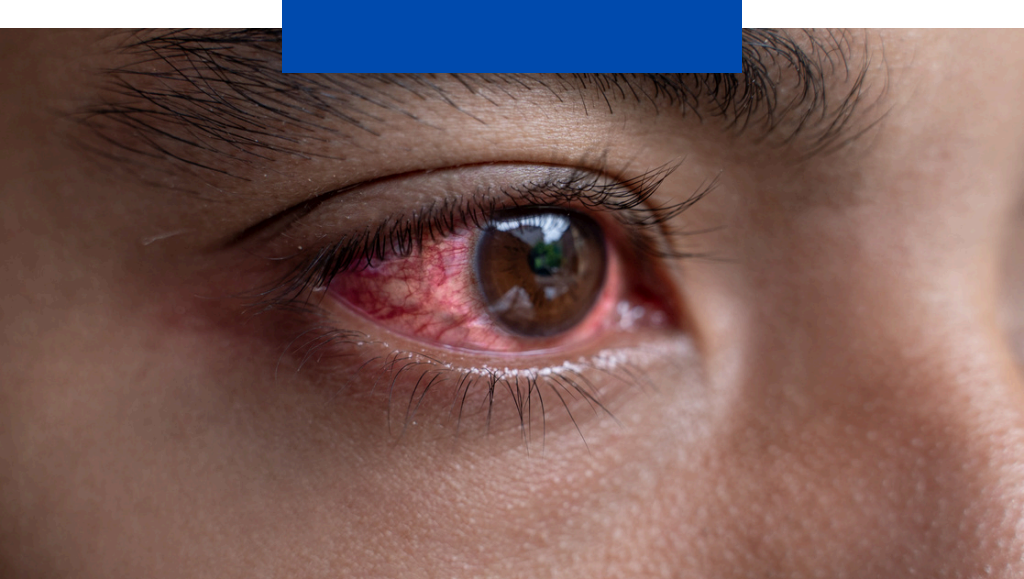
Incorrect lens fit is a leading cause of contact lens irritation. When lenses are too tight or loose, they can rub against the eye, causing discomfort and redness. Ensuring the right fit is crucial for comfortable wear.

### **Eye Health**

Maintaining good eye health is essential to prevent contact lens complications. Issues such as dry eyes or allergies can exacerbate irritation when wearing lenses. Regular eye check-ups can help identify any underlying conditions.

### **Lens Environment**

The environment in which you wear your lenses can also impact comfort levels. Dust, smoke, and pollen particles can stick to the lenses, causing irritation. Ensuring a clean environment can reduce the chances of discomfort.



## Contact Lens Irritation - Allergies & Foreign Body Sensation

Some patients may not adapt to contact lens wear. In some cases, contact lens irritation can persist and may cause other symptoms such as foreign body sensation, burning, itching, tearing and redness. This may indicate that the patient is having an allergic reaction to the contact lens, not enough oxygen being transferred through the contact lens, or eye infection.

If you are experiencing prolonged contact lens irritation, remove your lenses immediately. If your discomfort doesn't stop, then check your lens for damage, dirt or other foreign bodies within the lens. If the lens is damaged, do not return it to your eye, but place the lens in its storage case and contact your eye care professional. If the lens appears dirty but undamaged, clean and disinfect your lenses thoroughly and reinsert the lens.

Consider switching to hypoallergenic lenses to reduce the risk of allergic reactions. These lenses are specially designed to minimize irritation caused by allergens, providing a more comfortable wearing experience for individuals prone to allergies.

Additionally, opting for daily disposable lenses can also help reduce the chances of experiencing irritation. By using a fresh pair of lenses each day, you can avoid the accumulation of allergens and other irritants on the lens surface, lowering the risk of infections and discomfort.



### **Lubricating Eye Drops**

Using eye drops is crucial to alleviate dry eyes resulting from wearing contact lenses. These drops help replenish the moisture lost during lens wear, providing instant relief. Opt for preservative-free drops to avoid further irritation.

### **Hydration and Environmental Considerations**

To combat dryness, ensure you stay well-hydrated throughout the day. Dehydration can exacerbate dry eyes and lead to discomfort while wearing contacts. Consider environmental factors like air conditioning and heating that can contribute to eye strain.

### **Specialized Contact Lenses**

For individuals with chronic dry eye, exploring specialized contact lenses can be beneficial. These lenses are designed with materials that retain more moisture, reducing irritation and improving comfort. Discuss with your eye care professional to find the best option for your needs.





# Soothing Techniques

## **Cool Compresses**

Apply cool compresses to alleviate discomfort and reduce inflammation. This technique involves placing a clean, damp cloth over closed eyes for a few minutes. The cool temperature helps to soothe any irritation or pain caused by contact lens wear.

## **Blinking Exercises**

Practice blinking exercises regularly to keep your eyes moist and relieve irritation. Simple exercises like blinking rapidly for a few seconds can help distribute tears evenly over the surface of the eye. This aids in reducing dryness and discomfort associated with wearing contact lenses for extended periods.

## **Breaks from Contact Wear**

Incorporate breaks from contact wear into your daily routine to allow your eyes to recover. Continuous use of contact lenses can lead to eye strain and discomfort. Giving your eyes a break by wearing glasses instead can help prevent irritation and promote overall eye health.



Watch Our Video:  
Contact Lens Irritation - EXPLAINED

In order to avoid contact lens irritation and other complications, it is important to care for them properly and follow the maintenance and replacement schedule recommended by your optometrist. These guidelines are meant to help keep your eyes healthy and comfortable as you wear your contact lenses, so improper usage won't lead to any eye complications.



Watch Our Video:  
Dr D'Orio Symptoms | Contact Lens Irritation

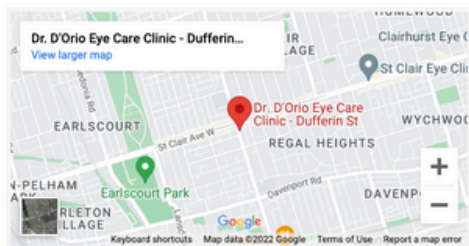
If you experience persistent irritation or discomfort, don't hesitate to consult an optometrist. Your eye health is non-negotiable, and seeking professional advice can prevent any potential complications. Stay proactive in maintaining your eye hygiene and health—it's a small effort with significant long-term benefits.



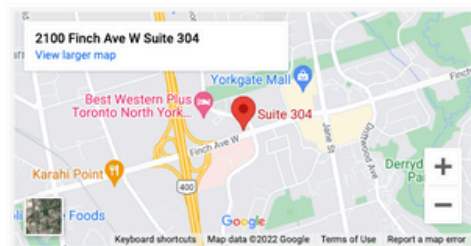


# DR. GREG D'ORIO & DR. STEVEN D'ORIO

## Toronto Location



## North York Location



📞 Toronto: 416 656 2020

📠 Toronto Fax: 416 656 2012

✉ Email: [info@drdorioeyecare.com](mailto:info@drdorioeyecare.com)

📞 North York: 416 661 5555

📠 North York Fax: 416 661 2594

✉ Email: [infofinch@drdorioeyecare.com](mailto:infofinch@drdorioeyecare.com)