



The low-down on Dry-Eye and contact lenses

Do you suffer from pain, the sensation of having something in your eye, dryness or irritation, burning, sensitivity to light and redness while wearing contact lenses? ^{1,2} You may also notice that your vision is blurry? ¹ All of these are common symptoms of Dry Eye. It may sound trivial, yet almost 25% of the millions of people around the world who start wearing contact lenses, stop wearing them due to dryness and discomfort. ³

How do contact lenses cause Dry Eye?

If you suffer from Dry Eye, you are not alone as it is a common and complex problem for many people who wear contact lenses. ⁴ Contact lenses change the tear film and reduce its thickness. Put simply, contact lenses break-up the tear film of the eye, and disrupt it from reforming. They also break the oil (or lipid) layer, which causes tears to evaporate. ^{4,5} As the tear film acts as a lubricant, there is increased friction between the eyelid and the surface of the eye, resulting in damage. As there are not enough tears, there is also increased friction between the contact lens and the eye surface. ⁶



Screen time can make your symptoms worse.

If you spend a lot of time on a computer, you may find that you experience symptoms more often, and that it gets worse as the day passes. Symptoms of Dry Eye are more common if you use a computer for more than 2 hours in a working day. ⁷

Everyone reacts differently to each type of contact lens.

It's important to know that there are contact lenses available to help reduce Dry Eyes. Speak to your optometrist about different options before you give up on wearing contact lenses. You may find that changing your disinfection solution can also help, so be sure to discuss this with your optometrist. ⁸



It is generally more difficult to reverse the irritation from Dry Eye than it is to moisten your eyes before symptoms occur. ⁸

Non-prescription, over-the-counter (OTC) drops are available to help relieve the symptoms of Dry Eye. Some of these, such as artificial tear drops, are designed to lubricate the eye and can provide relief. If you know that you are going to do something which makes your symptoms worse, such as spending time at your computer, it's recommended that you use the drops before beginning and then continue using them throughout your activity. ⁸ You may also find that it helps to take regular breaks if you work on a computer, as well as to your exposure to drafts and dust. ¹

Useful tips to manage Dry Eye & Speak to your optometrist about: ¹

- Changing the type of contact lens you use.
- Increasing how often you change your contact lenses.
- Changing the solution you use to clean your contact lenses.
- Using a tear supplement, such as artificial tears or ocular lubricants.
- Using Omega-3 and 6 supplements (e.g. primrose, flaxseed, fish or krill oils)



Ask your eye care practitioner for advice and more information

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