

Water On Your Contact Lenses May Be Dangerous

Most people find contact lens wear is completely safe and trouble-free. However, wearing and caring for contact lenses properly is critical to keeping the eyes healthy and preventing eye infections. Contact lenses are medical devices, and failure to wear, clean, and store them as directed can increase the risk of eye complications.

Although rare, a sight-threatening eye infection, Acanthamoeba keratitis, is caused by an organism found in all forms of impure water, such as tap water, swimming pools, and showers. That's why it's vitally important for contact lens wearers to never expose their contact lenses to water. They should also remove their lenses before swimming and use appropriate solution to clean and disinfect lenses if they're accidentally splashed. The many microorganisms that live in the water can easily stay on your lenses and cause problems later.

Exposing contact lenses to water may increase the risk of different types of eye infections. One serious type of contact lens-related eye infection, Acanthamoeba keratitis, is caused by a microscopic ameba commonly found in water. The infection makes the outer surface of the eye become painful and inflamed and requires immediate attention. Even though infection from Acanthamoeba is rare, it can be difficult to treat, extremely painful and in the worst cases cause blindness. To prevent this and other types of eye infections, good hygiene must be practiced while handling contact lenses.

For more information visit ParagonVision.com/no-water.



Recommendations For Proper Lens and Eye Care:

- **Wash your hands with soap and water.** Dry them well with a clean cloth before touching your contact lenses.
- **Never let water come in contact with your contact lenses:** tap, bottled, distilled, lake or ocean water
- **Never store your contact lenses in water.**
- Never wear your contact lenses while swimming or showering.
- **Never use saliva to wet your contact lenses.**
- Rub and rinse your contact lenses with contact lens disinfecting solution—**never water or saliva**—to clean them each time you remove them.
- Rub and rinse your contact lens case with contact lens solution—**never water**—and then empty and dry with a clean tissue. Store upside down with the caps off after each use.
- **Use only the contact lens solution recommended by your eye doctor.**
- Always follow the directions of your eye care professional.
- If you do experience symptoms of irritation or eye infection, **consult with your eye doctor immediately.**

