



<https://sites.google.com/site/lasikstlouisbrintonvision/wearing-contacts-for-too-long>

The Hidden Dangers of Wearing Contacts for Extended Periods



For many people, contact lenses are a daily convenience that allows for clear vision without the bulk of glasses. They provide freedom in activities and can enhance one's appearance. However, while contacts offer numerous benefits, they also come with a set of responsibilities, particularly regarding wear time. Ignoring recommended usage can lead to several hidden dangers that may not be immediately apparent but can significantly impact your eye health. Understanding these risks is crucial for anyone who relies on contact lenses for vision correction.

One of the primary hidden dangers of wearing contacts for extended periods is corneal hypoxia, or oxygen deprivation of the cornea. The cornea requires a steady supply of oxygen to function properly, and contact lenses can block this essential element from reaching the eye. When lenses are worn longer than recommended, especially during sleep, the cornea can become starved of oxygen. Symptoms of corneal hypoxia may include redness, discomfort, and blurred vision. Over time, chronic oxygen deprivation can lead to serious complications, including swelling and damage to corneal cells, and in some cases, permanent vision impairment.

Another significant risk associated with extended contact lens wear is the increased likelihood of eye infections. Contacts create a warm, moist environment that can harbor bacteria, fungi, and other microorganisms. When worn for longer than recommended, especially overnight, the risk of developing an eye infection, such as microbial keratitis, dramatically increases. This painful infection can cause symptoms like redness, tearing, sensitivity to light, and discharge. If left untreated, it can lead to severe complications, including corneal scarring and permanent vision loss. Understanding that even seemingly minor symptoms can indicate a serious issue is vital for anyone who wears contacts.

Moreover, wearing contacts for too long can contribute to dry eyes, a common problem for contact lens users. Prolonged wear can disrupt the natural tear film that keeps the eyes lubricated. When lenses become dry or dirty, they can cause discomfort, a gritty feeling, and even vision fluctuations. In some cases, dry lenses can lead to corneal abrasions—tiny

scratches on the eye's surface—which can be painful and open the door for infections. If you notice symptoms of dryness or discomfort, it's essential to remove your contacts, hydrate your eyes with artificial tears, and allow your eyes time to recover.

One of the more insidious consequences of extended wear is Giant Papillary Conjunctivitis (GPC), an allergic reaction characterized by inflammation of the inner eyelid. GPC can occur when protein deposits build up on contact lenses, particularly if they are not cleaned properly or worn beyond their recommended schedule. Symptoms can include itching, discharge, and a feeling that something is stuck in the eye. GPC can make wearing contacts uncomfortable or even intolerable, often requiring a break from lens use and a switch to glasses until the condition resolves. This highlights the importance of regular cleaning and following a strict wear schedule.

Additionally, prolonged contact lens wear can lead to corneal neovascularization, a condition in which new blood vessels grow into the cornea in response to chronic oxygen deprivation. While this is the body's attempt to increase oxygen supply, it can cloud the normally clear cornea, impairing vision. Neovascularization can become a permanent issue, making it difficult for individuals to wear contacts comfortably in the future. Frequent discomfort or changes in vision clarity can signal that this condition is developing, underscoring the need for timely intervention.

To mitigate these hidden dangers, it is crucial to adhere to the prescribed wear time for your specific type of lenses. Daily wear lenses should be removed every night, while extended-wear lenses are typically approved for overnight use only in specific circumstances. Alternating between glasses and contacts is a wise practice that allows your eyes to breathe and reduces the risk of complications. Furthermore, maintaining proper hygiene is essential—always wash your hands before handling lenses, store them in fresh solution, and never reuse old solution.

In conclusion, while contact lenses are a convenient vision correction option, wearing them for extended periods can lead to hidden dangers that may jeopardize your eye health. Corneal hypoxia, infections, dry eyes, GPC, and neovascularization are all serious risks associated with ignoring wear guidelines. By understanding these dangers and taking proactive measures to protect your eyes, you can enjoy the benefits of contacts while minimizing risks. Prioritize your eye health by following proper lens care, taking regular breaks, and consulting your eye care professional with any concerns. Your vision is invaluable—protect it by wearing your contacts responsibly.

Company Description

Each year thousands of patients come to Dr. Jason P. Brinton at Brinton Vision in St. Louis, seeking what we call visual freedom, or crisp, clear vision free of refractive errors, glasses, and contact lenses by treating myopia, hyperopia, and astigmatism. We accomplish this through LASIK and its six variations – SMILE, Visian ICL, PRK, Raindrop inlay, Kamra inlay, and Custom Lens Replacement.

Contact Details

Brinton Vision

555 N New Ballas Rd Ste 310, St. Louis, MO 63141

(314) 375-2020

Website: <https://sites.google.com/site/lasikstlouisbrintonvision/wearing-contacts-for-too-long/>

Google Folder: https://drive.google.com/drive/folders/1csRPXtwHGTcCfM3gia5EKkAiCrIULYYo?usp=drive_open

Recommended Resources

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<https://mgyb.co/s/yHRHw>
<https://mgyb.co/s/vRThT>
<https://mgyb.co/s/NyrnT>
<https://mgyb.co/s/RaiCL>
<https://mgyb.co/s/RxMwd>
<https://mgyb.co/s/INloa>
<https://mgyb.co/s/SIkaf>
<https://mgyb.co/s/MpGmr>
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<https://mgyb.co/s/WYYXd>
<https://mgyb.co/s/MnpOt>
<https://mgyb.co/s/yPtdm>
<https://mgyb.co/s/suAVT>
<https://mgyb.co/s/yZFBe>
<https://mgyb.co/s/NMMVs>
<https://mgyb.co/s/tTEMk>
<https://mgyb.co/s/JEZOf>
<https://mgyb.co/s/WxGzu>
<https://mgyb.co/s/xZUdi>
<https://mgyb.co/s/dilgW>
<https://mgyb.co/s/gNHRp>
<https://mgyb.co/s/djron>
<https://mgyb.co/s/ijjYAU>
<https://mgyb.co/s/BCgBg>
<https://mgyb.co/s/CqdYh>
<https://mgyb.co/s/DLSrv>
<https://mgyb.co/s/jQney>
<https://mgyb.co/s/YZDaj>
<https://mgyb.co/s/QeSym>
<https://mgyb.co/s/TKKBu>
<https://mgyb.co/s/nnQTE>
<https://mgyb.co/s/JYkKO>
<https://mgyb.co/s/kjXAa>
<https://mgyb.co/s/TocAa>
<https://mgyb.co/s/qqSBz>
<https://mgyb.co/s/DkITG>

<https://mgyb.co/s/icemQ>
<https://mgyb.co/s/FTxuJ>
<https://mgyb.co/s/YFCNx>
<https://mgyb.co/s/WyqCl>
<https://mgyb.co/s/zeDzW>

Recommended Profiles

Useful Contents

[Wear Contacts For Too Long](#)
[Wear Contacts Too Long](#)
[Contacts Overwear](#)
[Contacts Overwear Syndrome](#)
[Contacts Infection](#)
[Infection From Contacts](#)
[Wear Contact Lens For Too Long](#)
[Wear Contact Lens Too Long](#)
[Contact Lens Overwear](#)
[Contact Lens Overwear Syndrome](#)
[Contact Lens Infection](#)
[Infection From Contact Lens](#)
[Wear Contact Lenses Too Long](#)
[Wear Contact Lenses For Too Long](#)
[Contact Lenses Overwear](#)
[Contact Lenses Overwear Syndrome](#)
[Contact Lenses Infection](#)
[Wear Contacts For Too Long St Louis](#)
[Wear Contacts Too Long St Louis](#)
[Contacts Overwear St Louis](#)
[Contacts Overwear Syndrome St Louis](#)
[Contacts Infection St Louis](#)
[Infection From Contacts St Louis](#)
[Wear Contact Lens For Too Long St Louis](#)
[Wear Contact Lens Too Long St Louis](#)
[Contact Lens Overwear St Louis](#)
[Contact Lens Overwear Syndrome St Louis](#)
[Contact Lens Infection St Louis](#)
[Infection From Contact Lens St Louis](#)
[Wear Contact Lenses Too Long St Louis](#)
[Wear Contact Lenses For Too Long St Louis](#)
[Contact Lenses Overwear St Louis](#)
[Contact Lenses Overwear Syndrome St Louis](#)
[Contact Lenses Infection St Louis](#)
[Wear Contacts For Too Long St Louis Mo](#)
[Wear Contacts Too Long St Louis Mo](#)

[Contacts Overwear St Louis Mo](#)
[Contacts Overwear Syndrome St Louis Mo](#)
[Contacts Infection St Louis Mo](#)
[Infection From Contacts St Louis Mo](#)
[Wear Contact Lens For Too Long St Louis Mo](#)
[Wear Contact Lens Too Long St Louis Mo](#)
[Contact Lens Overwear St Louis Mo](#)
[Contact Lens Overwear Syndrome St Louis Mo](#)
[Contact Lens Infection St Louis Mo](#)
[Infection From Contact Lens St Louis Mo](#)
[Wear Contact Lenses Too Long St Louis Mo](#)
[Wear Contact Lenses For Too Long St Louis Mo](#)
[Contact Lenses Overwear St Louis Mo](#)
[Contact Lenses Overwear Syndrome St Louis Mo](#)
[Contact Lenses Infection St Louis Mo](#)
[St Louis Wear Contacts For Too Long](#)
[St Louis Wear Contacts Too Long](#)
[St Louis Contacts Overwear](#)
[St Louis Contacts Overwear Syndrome](#)
[St Louis Contacts Infection](#)
[St Louis Infection From Contacts](#)
[St Louis Wear Contact Lens For Too Long](#)
[St Louis Wear Contact Lens Too Long](#)
[St Louis Contact Lens Overwear](#)
[St Louis Contact Lens Overwear Syndrome](#)
[St Louis Contact Lens Infection](#)
[St Louis Infection From Contact Lens](#)
[St Louis Wear Contact Lenses Too Long](#)
[St Louis Wear Contact Lenses For Too Long](#)
[St Louis Contact Lenses Overwear](#)
[St Louis Contact Lenses Overwear Syndrome](#)
[St Louis Contact Lenses Infection](#)
[St Louis Mo Wear Contacts For Too Long](#)
[St Louis Mo Wear Contacts Too Long](#)
[St Louis Mo Contacts Overwear](#)
[St Louis Mo Contacts Overwear Syndrome](#)
[St Louis Mo Contacts Infection](#)
[St Louis Mo Infection From Contacts](#)
[St Louis Mo Wear Contact Lens For Too Long](#)
[St Louis Mo Wear Contact Lens Too Long](#)
[St Louis Mo Contact Lens Overwear](#)
[St Louis Mo Contact Lens Overwear Syndrome](#)
[St Louis Mo Contact Lens Infection](#)
[St Louis Mo Infection From Contact Lens](#)
[St Louis Mo Wear Contact Lenses Too Long](#)
[St Louis Mo Wear Contact Lenses For Too Long](#)

[St Louis Mo Contact Lenses Overwear](#)
[St Louis Mo Contact Lenses Overwear Syndrome](#)
[St Louis Mo Contact Lenses Infection](#)
[Wearing Contacts For Too Long](#)
[Sleeping In Contacts](#)
[Overwearing Contact Lenses](#)
[Contact Lens Overuse](#)
[Contact Lens Complications](#)
[Contacts Worn Too Long](#)
[Risks Of Wearing Contacts Too Long](#)
[Sleeping With Contacts](#)
[Contact Lens Eye Damage](#)
[Contact Lens Safety](#)
[Contacts Causing Red Eyes](#)
[Eye Infections From Contacts](#)
[Contact Lens Irritation](#)
[Dry Eyes From Contacts](#)
[Contact Lens Hygiene](#)
[Extended Wear Contact Lenses](#)
[Contacts Left In Overnight](#)
[Contact Lens Related Eye Problems](#)
[Risks Of Extended Wear Lenses](#)
[Improper Contact Lens Use](#)
[Contacts And Corneal Ulcers](#)
[Corneal Damage From Contacts](#)
[How Long Can You Wear Contacts](#)
[Contact Lens Wearing Schedule](#)
[Contact Lens Emergency](#)
[Symptoms Of Contact Lens Overuse](#)
[Contact Lens Wear And Tear](#)
[Safe Contact Lens Wear](#)
[Contact Lens Overuse Treatment](#)
[Effects Of Wearing Contacts Too Long](#)
[Contacts And Eye Health](#)
[Red Eyes From Contacts](#)
[Eye Pain From Contacts](#)
[Contacts And Eye Irritation](#)
[Safe Contact Lens Habits](#)
[Contact Lens Care Tips](#)
[Contacts Causing Blurry Vision](#)
[Inflammation From Contact Lenses](#)
[Contact Lens Discomfort](#)
[Best Practices For Wearing Contacts](#)
[Eye Doctors For Contact Lens Issues](#)
[Contact Lens Wearing Time](#)
[Contact Lens Safety Tips](#)

[Avoiding Contact Lens Overuse](#)
[Contact Lens Eye Exam](#)
[Contact Lens Eye Irritation](#)
[Contact Lens Related Eye Infections](#)
[Proper Contact Lens Usage](#)
[Contact Lens Checkup](#)
[Safe Contact Lens Wear Time](#)
[Wearing Contacts For Too Long St Louis](#)
[Sleeping In Contacts St Louis](#)
[Overwearing Contact Lenses St Louis](#)
[Contact Lens Overuse St Louis](#)
[Contact Lens Complications St Louis](#)
[Contacts Worn Too Long St Louis](#)
[Risks Of Wearing Contacts Too Long St Louis](#)
[Sleeping With Contacts St Louis](#)
[Contact Lens Eye Damage St Louis](#)
[Contact Lens Safety St Louis](#)
[Contacts Causing Red Eyes St Louis](#)
[Eye Infections From Contacts St Louis](#)
[Contact Lens Irritation St Louis](#)
[Dry Eyes From Contacts St Louis](#)
[Contact Lens Hygiene St Louis](#)
[Extended Wear Contact Lenses St Louis](#)
[Contacts Left In Overnight St Louis](#)
[Contact Lens Related Eye Problems St Louis](#)
[Risks Of Extended Wear Lenses St Louis](#)
[Improper Contact Lens Use St Louis](#)
[Contacts And Corneal Ulcers St Louis](#)
[Corneal Damage From Contacts St Louis](#)
[How Long Can You Wear Contacts St Louis](#)
[Contact Lens Wearing Schedule St Louis](#)
[Contact Lens Emergency St Louis](#)
[Symptoms Of Contact Lens Overuse St Louis](#)
[Contact Lens Wear And Tear St Louis](#)
[Safe Contact Lens Wear St Louis](#)
[Contact Lens Overuse Treatment St Louis](#)
[Effects Of Wearing Contacts Too Long St Louis](#)
[Contacts And Eye Health St Louis](#)
[Red Eyes From Contacts St Louis](#)
[Eye Pain From Contacts St Louis](#)
[Contacts And Eye Irritation St Louis](#)
[Safe Contact Lens Habits St Louis](#)
[Contact Lens Care Tips St Louis](#)
[Contacts Causing Blurry Vision St Louis](#)
[Inflammation From Contact Lenses St Louis](#)
[Contact Lens Discomfort St Louis](#)

[Best Practices For Wearing Contacts St Louis](#)
[Eye Doctors For Contact Lens Issues St Louis](#)
[Contact Lens Wearing Time St Louis](#)
[Contact Lens Safety Tips St Louis](#)
[Avoiding Contact Lens Overuse St Louis](#)
[Contact Lens Eye Exam St Louis](#)
[Contact Lens Eye Irritation St Louis](#)
[Contact Lens Related Eye Infections St Louis](#)
[Proper Contact Lens Usage St Louis](#)
[Contact Lens Checkup St Louis](#)
[Safe Contact Lens Wear Time St Louis](#)
[St Louis Wearing Contacts For Too Long](#)
[St Louis Sleeping In Contacts](#)
[St Louis Overwearing Contact Lenses](#)
[St Louis Contact Lens Overuse](#)
[St Louis Contact Lens Complications](#)
[St Louis Contacts Worn Too Long](#)
[St Louis Risks Of Wearing Contacts Too Long](#)
[St Louis Sleeping With Contacts](#)
[St Louis Contact Lens Eye Damage](#)
[St Louis Contact Lens Safety](#)
[St Louis Contacts Causing Red Eyes](#)
[St Louis Eye Infections From Contacts](#)
[St Louis Contact Lens Irritation](#)
[St Louis Dry Eyes From Contacts](#)
[St Louis Contact Lens Hygiene](#)