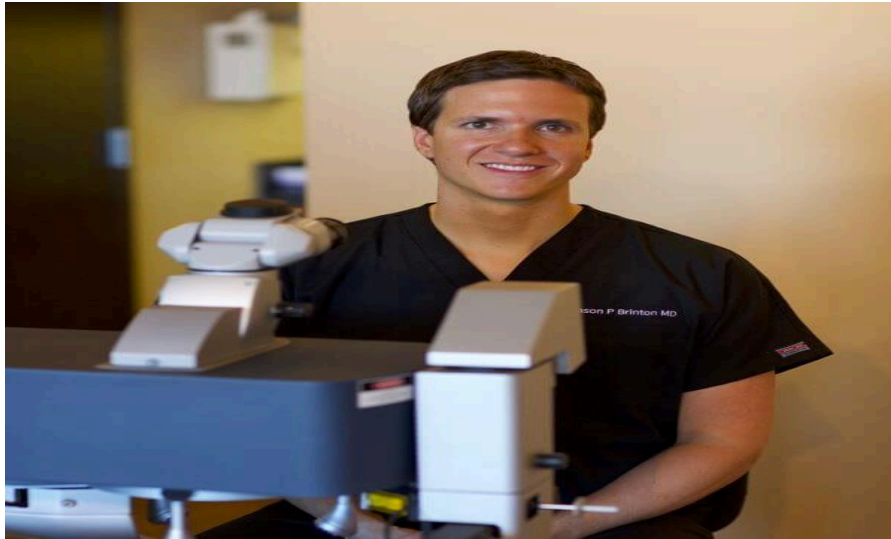




<https://sites.google.com/site/lasikstlouisbrintonvision/wearing-contacts-for-too-long>

How Long is Too Long The Risks of Wearing Contacts Beyond Recommended Hours



Contact lenses offer convenience, improved vision, and freedom from glasses. But when worn longer than recommended, they can pose significant risks to your eye health. Many contact lens users wonder, “How long is too long?” The answer depends on your specific type of lenses and your eye health, but generally, daily wear lenses should be removed after about 8-12 hours, while extended-wear lenses allow for occasional overnight use. Ignoring these guidelines and wearing contacts for too long can cause a range of eye problems, from mild discomfort to severe infections. Understanding these risks can help you make informed choices about your contact wear habits.

One of the most common issues associated with wearing contacts beyond recommended hours is corneal oxygen deprivation. Unlike other tissues, the cornea doesn't have blood vessels to deliver oxygen; it relies on oxygen from the air. When you wear contacts for too long, especially if they're not designed for extended wear, they block the cornea from getting enough oxygen. This can lead to corneal hypoxia, a condition where oxygen-starved corneal cells start to weaken and swell. Symptoms include discomfort, redness, and blurry vision. In severe cases, chronic hypoxia can cause corneal neovascularization, where new blood vessels grow into the cornea in an attempt to bring more oxygen. These vessels can cloud your vision and make wearing contacts in the future more challenging.

Increased risk of eye infections is another serious consequence of wearing contacts for extended hours. Contacts can trap bacteria, fungi, and other microorganisms against the eye, and prolonged wear creates an ideal environment for these microbes to thrive. One common and potentially dangerous infection is microbial keratitis, an inflammation of the cornea caused by bacteria or fungi. Microbial keratitis can lead to pain, redness, sensitivity to light, and blurry vision. In severe cases, this infection can cause corneal scarring and permanent vision loss. The risk of infections is especially high if contacts are worn overnight, as the lack of oxygen and the closed eye create a warm, moist environment ideal for

microbial growth.

For those who wear their contacts beyond the recommended hours, dryness and discomfort often go hand-in-hand. Contacts disrupt the natural tear film on the eye, and extended wear can exacerbate dryness, leading to a gritty, uncomfortable sensation. Chronic dryness can also result in corneal abrasions, which are tiny scratches on the surface of the eye. These abrasions not only cause discomfort but also increase the risk of infections as they create openings in the corneal surface for bacteria to enter. If you experience dryness, it's best to remove your contacts, use lubricating eye drops, and give your eyes a break to allow the natural tear film to recover.

Another issue linked to over-wearing contacts is Giant Papillary Conjunctivitis (GPC), an inflammatory condition that affects the inner surface of the eyelids. GPC is often triggered by protein deposits that build up on contact lenses, especially when they're not cleaned properly or are worn for extended periods. Symptoms include itching, discharge, and a foreign body sensation in the eye. In severe cases, GPC can make it uncomfortable or even impossible to wear contacts until the condition is treated. GPC typically requires a combination of treatment and a temporary switch to glasses, reminding contact lens users of the importance of regular cleaning and following wear guidelines.

Blurry vision and sensitivity to light are additional signs that your contacts may have been worn too long. When contacts are left in for extended hours, they can start to lose their moisture and accumulate debris, reducing their clarity and causing blurry vision. Moreover, prolonged wear can irritate the corneal surface, making your eyes more sensitive to bright lights. If you notice these symptoms, removing your contacts and resting your eyes is crucial to avoid further irritation.

To reduce these risks, following the recommended wear time for your specific type of contacts is essential. Daily wear lenses should not be worn overnight, and even extended-wear lenses are typically limited to specific intervals for overnight use. Alternating between contacts and glasses is a helpful way to give your eyes a break and ensure they get adequate oxygen. Additionally, maintaining proper hygiene is crucial—always wash your hands before handling contacts, use fresh solution daily, and avoid wearing lenses longer than their intended replacement schedule.

In conclusion, while contact lenses offer convenience and flexibility, over-wearing them can result in oxygen deprivation, infections, dryness, inflammation, and vision changes. By sticking to the recommended wear time, practicing good hygiene, and giving your eyes a break when needed, you can enjoy the benefits of contacts without risking your eye health. Remember, your eyes need oxygen and care, just like the rest of your body, so wear contacts responsibly to keep them safe and healthy.

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

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

Google Folder: https://drive.google.com/drive/folders/1csRPXtwHGTCfM3gia5EKkAiCrIULYyo?usp=drive_open

Recommended Resources

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<https://mgyb.co/s/yHRHw>
<https://mgyb.co/s/vRThT>
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Recommended Profiles

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