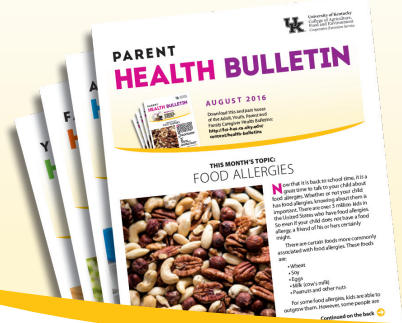


# PARENT HEALTH BULLETIN



**AUGUST 2018**

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC:

# HEALTHY CONTACT LENS WEAR AND CARE



**P**arents play an active role in the day-to-day safety and health of their children, which includes vision and eye health. Healthy eyes and vision are a critical part of a child's development. Their eyes should be examined regularly, as many vision problems and eye diseases can be detected and treated early.

Kids of all ages, including babies, can wear glasses. However, around the age of 10, you may want to talk to your kids about contact lenses for cosmetic reasons or if they play sports. To wear contacts, a child will need to know how to properly insert and remove lenses, remove them as required and clean them as recommended by the doctor. As a parent, you will have to help your child learn about healthy contact lens wear. Contact lens problems are almost always due to poor habits and bad hygiene.

**Continued on the back** →



# Use only fresh contact lens disinfecting solution. Never mix fresh solution with old or used solution.

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As a parent, encourage your child to follow these guidelines for healthy contact lens wear:

- **Wash your hands with soap and water.** Dry them well with a clean cloth before touching your contact lenses every time.
- **Do not wear your contact lenses while sleeping,** unless prescribed by your eye doctor.
- **Keep water away from your contact lenses.** Avoid wearing contact lenses while showering, and remove them before using a hot tub or swimming.
- **Do not “top off” solution.** Use only fresh contact lens disinfecting solution. Never mix fresh solution with old or used solution.
- **Clean and take care of your contact lens case.** Rub and rinse your contact lens case with contact lens solution (never water) and empty and dry it with clean tissue paper. Store upside down with the caps off after each use. Replace your contact lens case at least once every three months.
- **Give your eyes a rest.** The cornea, the transparent tissue covering each eye, gets deprived of oxygen from being covered up all day by a contact lens. Overwearing contact lenses can lead to problems that can affect vision and increase the risk of infection.
- **Remove your child’s contact lenses** immediately and call their eye doctor if they have any eye pain, discomfort, redness or blurred vision.

## Benefits of contact lens use among youth

- Contact lenses can help your child see better without affecting their appearance or interfering with many sports and activities.
- Some children and teens report feeling dramatically better about their appearance when wearing contact lenses.
- Compared to wearing glasses, children switching to contact lenses reported significant improvements in the areas of perceived appearance, participation in activities and satisfaction with vision correction.



As a parent, be sure to make vision care and eye checks part of your child’s routine health care. Focus on encouraging your youth to start healthy habits early for healthy eyes later. If you are thinking about getting your child glasses or contact lenses, your eye doctor can help you decide what type of vision correction is best for your child.

### RESOURCES:

- <https://www.cdc.gov/contactlenses/children-and-contact-lenses.html>
- <http://kidshealth.org/en/parents/vision.html>
- <https://www.aao.org/newsroom/news-releases/detail/contact-lens-health-week-promotes-healthy-care>
- <https://www.cdc.gov/contactlenses/protect-your-eyes.html>
- <https://www.cdc.gov/contactlenses/fast-facts.html>
- Walline JJ, Gaume A, Jones LA, Rah MJ, Manny RE, Berntsen DA, Chitkara M, Kim A, Quinn N. Benefits of contact lens wear for children and teens. *Eye Contact Lens*. 2007;33(6 Pt 1):317-21.
- Rah MJ, Walline JJ, Jones-Jordan LA, Sinnott LT, Jackson JM, Manny RE, Coffey B, Lyons S; ACHIEVE Study Group. Vision specific quality of life of pediatric contact lens wearers. *Optom Vis Sci*. 2010;87(8):560-6.

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