

EVERYTHING YOU NEED TO KNOW ABOUT

Contact Lenses

Essential Guidance and Tips for Using and Caring for Contact Lenses

Educational Leaflet About Contact Lenses



Reviewed by



الجمعية السعودية للبصريات
Saudi Society Of Optometry

Supported by

ACUVUE®

Why Use Contact Lenses?

Contact lenses are an alternative to eyeglasses and can provide comfort, clear vision, and greater freedom during sports and everyday activities.

How to Choose the Right Contact Lenses:

- Schedule an appointment with an Optometrist to assess whether your eyes are suitable for contact lens wear.
- Your Optometrist will ask about your eye health and lifestyle, examine your eyes, update your prescription, assess the fit of the lenses, explain the available options, and show you how to insert, remove, and care for your lenses properly.

This leaflet also covers some common beliefs about contact lenses.

Common Misconceptions: Comfort and Lens Insertion

Misconception 1: Contact lenses are uncomfortable!

Modern contact lenses are thin, flexible, and soft. Their materials and designs help them conform to the shape of the eye, while regular replacement helps keep them safe and comfortable.

Misconception 2: I don't like putting something on my eye.

Inserting and removing contact lenses is usually easier than expected. Your optometrist will demonstrate the correct technique, and with practice, the steps become familiar. Your finger does not need to touch the eye, and the lens may feel like a drop of water when placed on the eye.

Common Misconceptions: Infections and Eye Health

Misconception 3: Contact lenses may cause eye infections.

With proper care, the risk is low. Infections are often associated with poor cleaning, improper lens fit, or failure to follow the recommended wearing and replacement schedule. For example, wearing daily lenses for several days or weekly lenses for several weeks may cause inflammation and infection. If you experience unusual discomfort or changes in vision, remove your lenses and contact an optometrist promptly.

Daily disposable lenses provide a fresh pair every day. Reusable lenses must be cleaned, disinfected, and replaced according to the instructions, while maintaining good hand and lens case hygiene.

Misconception 4: Contact lenses are unhealthy.

Most modern soft contact lenses are made from materials that allow oxygen to pass through. Follow the replacement schedule, cleaning instructions, and follow-up appointments recommended by your optometrist.

Common Misconceptions: Oxygen Flow and Lost Lenses

Misconception 5: Contact lenses prevent the eyes from breathing.

Oxygen must reach the cornea through the lens, and the amount required varies depending on the wearing schedule. Sleeping in contact lenses increases the risk of serious eye infections and should only be considered when lenses approved for overnight wear have been prescribed and your optometrist has advised you to do so.

Healthy contact lens wear depends on the lens material, proper fit, care, disinfection, and timely replacement. Your optometrist will recommend lenses that suit your eyes, needs, and lifestyle.

Misconception 6: A contact lens may get lost behind the eye.

This is anatomically impossible because the membrane covering the eye connects to the inner surface of the eyelids, preventing the lens from moving behind the eye.

Common Misconception: Contact Lenses Falling Out

Misconception 7: Contact lenses may fall out if you move quickly.

Modern soft contact lenses rarely fall out when properly fitted and inserted, and they can be worn during many sports. Lens stability depends partly on the lens diameter, and smaller rigid lenses may be more prone to movement. In rare cases, soft contact lenses may move due to forceful eye rubbing or severe dryness.



Common Misconceptions: Lens Selection, Makeup, and Cleaning

Misconception 8: All contact lenses are the same.

Not true! Contact lenses differ in design, material, vision correction, and replacement schedule. Options include lenses for astigmatism, multifocal lenses, reusable lenses, and daily disposable lenses. Extended-wear lenses may not be suitable for everyone. Do not start using a new type or switch lenses without consulting your optometrist.

Misconception 9: You cannot wear makeup with contact lenses.

Insert your lenses before applying makeup and remove them before taking off your makeup. Close your eyes when using sprays. Consult your optometrist if cosmetics cause problems with your contact lenses.

Misconception 10: Cleaning contact lenses takes a long time.

Daily disposable lenses do not require cleaning. Reusable lenses should be cleaned with the appropriate solution by rubbing, rinsing, and soaking them according to the instructions.

Common Misconceptions: Care, Oxygen, and Vision

Daily disposable lenses are discarded at the end of the day, while caring for reusable lenses is simple when the instructions for the appropriate solution are followed.

Misconception 11: The higher the water content, the more oxygen passes through.

Water content alone does not determine oxygen transmissibility. Modern soft contact lenses are designed to provide sufficient oxygen during the approved wearing schedule.

Misconception 12: Contact lenses do not provide vision as good as eyeglasses.

Quite the opposite! Modern, properly fitted contact lenses may provide clear and stable vision for many prescriptions, as well as a wider field of view and peripheral vision. They also do not fog up or become affected by rain.

Common Misconceptions: Astigmatism and Reading

Misconception 13: I cannot wear contact lenses because of astigmatism. Astigmatism is no longer necessarily a barrier. Toric contact lenses are designed to provide clear and stable vision and are available in different materials and replacement schedules.

Misconception 14: I need additional reading glasses.

Multifocal contact lenses may help people with presbyopia see clearly at both near and far distances. They may incorporate a gradual change in power, similar in principle to progressive spectacle lenses. Suitability varies from person to person, so discuss the available options with your optometrist.



Common Misconceptions: Age and Cost

Misconception 15: My child is too young to wear contact lenses.

There is no single minimum age that is suitable for everyone. Readiness depends on maturity, motivation, hygiene, and the ability to care for contact lenses. They may be suitable for active children and teenagers. Your optometrist will determine the option that best suits your child's eyes and lifestyle.

Misconception 16: Contact lenses are expensive.

The cost varies depending on the lens type and replacement frequency. Your optometrist can help you choose an option that suits your visual needs, lifestyle, and budget.



Maintaining Healthy Eyes

Vision affects quality of life; therefore, proper care, timely lens replacement, and regular eye examinations are essential.

All contact lenses, including cosmetic lenses, should be fitted by an optometrist, who will confirm their suitability for your needs and assess your vision and eye health. Care instructions must also be followed.



Contact Lens Assessment and Fitting



Daily-Wear Contact Lenses

Contact lens selection depends on age, lifestyle, eye health, and vision correction needs. Your optometrist will determine the most suitable option for your individual needs.

Daily-wear contact lenses should be removed before sleeping. Some are discarded daily, while others are replaced after one week, two weeks, or four weeks. Reusable lenses must be cleaned and disinfected before being worn again. Frequent replacement may reduce deposit buildup and certain complications.

Some contact lenses contain a material that blocks some ultraviolet (UV) radiation, but they do not completely cover the eye or the surrounding area. They are not a substitute for sunglasses or protective eyewear that blocks UV radiation.

Wear Schedules and Sleeping in Contact Lenses

Daily disposable contact lenses may be suitable for people who do not wear contact lenses every day, prefer not to clean them, or have allergies. They are discarded at the end of the day, preventing daily deposits from building up and eliminating the need for cleaning.

Extended-wear contact lenses should not be worn while sleeping unless they are approved for overnight wear and recommended by an optometrist. Some types are discarded after removal, while others are cleaned, disinfected, and reused. Sleeping in contact lenses increases the risk of serious eye infections.

Use Contact Lenses Correctly to Protect Your Vision

Contact lenses are fitted individually and should not be shared with others. Replace your contact lenses, cleaning solution, and lens case according to the schedule recommended by your optometrist, even if your vision remains clear and comfortable.

Regular replacement helps ensure healthier and more comfortable lens wear. Mark the replacement date on your calendar or set a digital reminder.



Follow the Prescribed Wear Schedule

Place a visible reminder near the area where you insert and remove your contact lenses. If you are unsure when they should be replaced, use a fresh pair.

Contact lenses are a medical form of vision correction; therefore, follow the instructions for use and your optometrist's guidance.

Do not wear daily-wear contact lenses while sleeping unless your optometrist has approved a suitable lens and wear schedule. Wearing lenses beyond the recommended period may reduce oxygen supply, cause deposit buildup and irritation, impair vision, and affect eye health.



Caring for Your Lenses Means Caring for Your Eyes

Wash and dry your hands before inserting, removing, or cleaning your contact lenses. Preferably, use unscented liquid soap, rinse thoroughly, and dry your hands with a lint-free towel.

Do not rinse or store contact lenses in tap water; it may contain contaminants that can damage the lenses and lead to infection or vision loss.

Each reusable contact lens must be cleaned and disinfected before being worn again, as tear deposits and microorganisms may build up on its surface.



Contact Lens Solution

Not all solutions are suitable for every type of contact lens. Multipurpose solutions can clean, disinfect, and rinse contact lenses, but compatibility depends on the solution's ingredients and the lens material. Use the solution recommended by your optometrist and follow the product instructions.

Do not touch the tip of the bottle, and close it immediately after use. Consult your optometrist before changing solutions, and check the expiry date and the recommended period of use after opening.



Cleaning Contact Lenses

Clean and disinfect reusable soft contact lenses immediately after removing them. Place the lens in a clean, dry palm, add the recommended solution, gently rub both sides, then rinse it thoroughly and place it in a clean case filled with fresh solution. Do not reuse old solution or top it off with fresh solution.

Read and follow the solution instructions. Empty the case after use, rinse it with fresh disinfecting solution, and leave it to air-dry. Replace the case regularly, preferably every two months or as directed.

Follow the cleaning procedures recommended by your optometrist.



Visit Your Optometrist

Routine eye examinations help detect problems and maintain good vision and eye health. Some conditions may not show early symptoms, and eye examinations may also reveal signs associated with general health conditions such as diabetes or high blood pressure.

The optometrist assesses the suitability of the contact lenses, ensures they remain stable on the eye, and monitors their use.



Clear vision supports everyday life

This educational leaflet was developed for the Saudi Society of Optometry with the support of ACUVUE®.



Find out more at
www.acuvue.com/en-me/



sso.org.sa



info@sso.org.sa



[SaudiOptometry](#)



Scan to view all versions

Reviewed by



الجمعية السعودية للبصريات
Saudi Society Of Optometry

Supported by

ACUVUE®