

Summer Eye Care Tips for Contact Lens Users

Beautiful summer weather makes spending time outdoors irresistible, but the summer sun also increases the risk of damage from ultraviolet light. While most people apply sunscreen and wear protective clothing, many neglect to protect their eyes from potentially damaging sunlight.

Sun damage can lead to eye diseases such as photokeratitis, macular degeneration, and cataracts. [Contact lens](#) wearers are particularly at risk for sun damage, as soft contacts can increase photosensitivity and direct UV light into sensitive parts of the eye.

Contacts can also permit bacteria to collect on the surface of the eye, and certain summer activities, such as swimming, may increase the risk of bacterial infection. However, a few simple steps can help you to better protect your eyes from the summer elements.

Wear Sunglasses in Bright Light

The easiest way to protect your eyes during the summer is to wear sunglasses. Although all sunglasses reduce the intensity of visible light, only sunglasses with UV protection will block ultraviolet light. Choose sunglasses that are capable of blocking 99% of both UVA and UVB radiation, as these will most effectively prevent eye diseases caused by ultraviolet light.

Protect Your Contacts from Water

Swimming is a popular summer activity, but swimming while wearing contacts may cause serious eye damage. Because contacts are semipermeable, bacteria and chlorine can seep through them and become trapped against the surface of the eye. This significantly increases the risk of infection and corneal damage. Take out your lenses before swimming, or wear goggles to protect them from the water.

Choose UV Resistant Contacts

[UV resistant contacts](#) are not replacements for sunglasses, but they do offer additional protection. Although many contacts offer some UV resistance, only ACUVUE produces contacts, which have earned Class 1 UV protection ratings from the FDA. Ask your optometrist or ophthalmologist about these contacts to determine if they are suited to your eyes.

ReplaceMyContacts.com offers [brand-name contacts](#), including ACUVUE, PureVision, and ProClear at discount prices. Contact us today at (888) 727-LENS for cheap contact lenses and save up to 70% on your next pair.