

# Eye Allergies and Contact Lenses

## ASK YOUR OPTOMETRIST

Often with the return of warmer temperatures come the unwelcome return of seasonal allergies. Although ocular allergies don't usually threaten the health of your eye, they're uncomfortable and often interfere with your vision during daily activities.

### What causes ocular allergies?

Allergic reactions in your eye occur when your immune system fights off what it considers a threat or irritant. Airborne irritants or allergens include pollen, mold, dust and animal dander. When the eye senses these "threats", it increases tear production and inflammation in an attempt to flush away the irritant. This affects the comfort and vision of contact lenses.

### Common signs of ocular allergies:

Common signs of allergies include: red, swollen, tearing or itchy eyes. Airborne allergens can stick to your contact lenses, causing prolonged discomfort, even after you get away from the irritant. Even if you are generally a successful contact lens wearer, allergy season can make your contact lenses uncomfortable.

### Combating the Allergic Reaction

- Keep your home free of pet dander and dust
- On days with high pollen counts, consider wearing eyeglasses and staying indoors
- Apply cold compresses to your eyes to reduce swelling
- Use lubricating drops to wash away the allergen and refresh your eyes
- Opt for daily disposable contact lenses! A fresh pair of contact lenses each day prevents deposits that can build up over time and cause or heighten allergy-related discomfort.



**Ask your Optometrist about the best options for you!**