

VISION SOURCE

Mandan



Brittany G. Schauer, OD

Q: Can I sleep in my contact lenses?

A: It depends. Not all contact lenses are designed for overnight wear and not all eyes can tolerate sleeping in contacts. Make sure you discuss overnight wear with your eye doctor. If you have not been approved to sleep in your contacts, you should not do so. Abusing your contact lenses can lead to eye infections, giant papillary conjunctivitis, corneal ulcers, and a potential permanent decrease in vision. Many patients are able to comfortably and safely wear their contact lenses overnight, with a unique management and care plan determined by their eye doctor. Every person's eyes are different. If ever your eyes are red, your vision blurry, or your lenses not comfortable, you need to take your contacts out and give your eyes a break. Common sense goes a long way when your eyes are trying to tell you that something is wrong. **When in doubt, take them out!** This is why all contact lens wearers need a backup pair of eyeglasses.

*Vision
Source
Mandan*

107 6th Ave. NW
Mandan, ND 58554
701-663-0313 • 800-244-1479
www.visionsource-mandan.com

