

Pros and cons of wearing contact lenses

Contact lens offer benefits but it can also be a disadvantage

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REGARDLESS of time and era, contact lenses have become a popular alternative to traditional eyeglasses for vision correction. They offer a huge range of advantages and disadvantages that certain individuals must consider when deciding between the two.



Here are the possible pros and cons of wearing contact lenses:

The Pros 1.

Improved aesthetics

One of the primary reasons people opt for contact lenses is their cosmetic appeal. Contact lenses sit directly on the eye, providing a more natural appearance to someone's facial structure without the frames and lenses associated with eyeglasses.

2. Enhanced peripheral vision

Contact lenses move with your eyes, hence offering a more extensive field of vision compared to eyeglasses, which have some limitations due to the frame.

3. No fogging or glare

Contact lenses do not fog up in cold weather or produce glare when exposed to bright lights, making them suitable for various activities, including sports and other taxing activities.

4. Better compatibility with sports

Many athletes prefer contact lenses because it does not interfere with their headgear or other similar sports equipment. Not to mention that it also eliminates the risk of eyeglasses falling off during physical activities.

5. Fewer vision distortions

Eyeglass wearers may experience distortions caused by the distance between the lens and the eye while contacts sit directly on the cornea, minimising these distortions.

6. Less obtrusive

Contacts do not obstruct your facial features, making it easier to wear sunglasses, safety goggles and other eye-wear as needed.

7. Variety of styles

Contact lenses come in various types, including daily disposables, extended wear and coloured lenses, allowing wearers to choose options that suit their lifestyles and preferences, whether it be for improved eyesight or for aesthetic purposes.

8. Vision correction options

Contacts can correct a wide range of vision issues, including nearsightedness (myopia), farsightedness (hyperopia), astigmatism and presbyopia, providing a versatile solution for the different visual needs of different individuals.

The Cons 1.

Maintenance

Contact lenses require regular cleaning, disinfection and replacement, which can be time-consuming and costly. Neglecting any part of the hygiene process can lead to eye infections and discomfort.

2. Risk of eye infections

Improper handling or cleaning of contact lenses can increase the risk of eye infections, such as conjunctivitis or corneal ulcers. These infections can be painful and may lead to further vision problems if left untreated.

3. Dry eyes

Some contact lens wearers experience dry eyes, which can cause extreme discomfort, irritation and even blurry vision. This condition may necessitate the use of lubricating eye drops, financially tying the wearer to another responsibility.

4. Allergic reactions

Allergic reactions to contact lens materials or cleaning solutions are not uncommon and can result in a lot of redness, itching and discomfort.

5. Expense

Contact lenses, especially daily disposables and specialised lenses, can be more expensive than eyeglasses. The ongoing cost of replacement lenses and cleaning solutions can add up over time, especially for long-term users.

6. The learning curve

Usually, for new users, inserting and removing contact lenses can be quite a challenging task. It definitely takes time to become comfortable with the process, so it could be a con for a

number of people.

7. Risk of displacement

Contact lenses can move around or get dislodged to the back of the eye, leading to blurred vision or discomfort.

This can be especially problematic in dusty or windy environments.

8. Not suitable for everyone

Not everyone is a candidate for contact lenses. People with certain eye conditions, severe dry eye, or irregular corneas may not be able to wear contacts safely or comfortably.

9. Prescription changes

Contact lenses must be replaced to match prescription changes, which can be more frequent for some individuals, leading to additional costs.

Wearing contact lenses offers numerous benefits, including improved aesthetics, enhanced peripheral vision and the ability to engage in various activities without visual obstructions. However, they come with their share of disadvantages, such as maintenance requirements, the risk of eye infections and potential discomfort. The decision to wear contact lenses or eyeglasses should be based on individual preferences, lifestyle, and eye health and it is important to consult with an eye care professional for guidance on the best option for your specific needs.