



veonet
Ireland

Specialist Eye Clinics

Contact Lens-Related Corneal Infection/ Condition: Aftercare Instructions

Important:

A contact lens-related corneal infection or condition can be serious and may affect the clear front surface of your eye, called the cornea. Prompt treatment and careful aftercare are essential to protect your vision, prevent complications, and allow the eye to heal. Please follow these instructions closely and attend all follow-up appointments.

What Happened?

You have been assessed for an eye condition related to contact lens wear. This may involve irritation, inflammation, infection, or damage to the cornea.

The cornea is the clear, protective front layer of the eye. It is very sensitive and plays an important role in focusing your vision. Contact lens-related problems can occur when lenses irritate the surface of the eye, reduce oxygen to the cornea, or allow bacteria or other organisms to grow.

Contact lens-related corneal problems can be caused by:

- Wearing lenses for too long
- Sleeping in contact lenses
- Poor contact lens hygiene
- Using tap water with lenses or lens cases
- Swimming or showering while wearing lenses
- Using old lenses, cases, or solutions
- A scratch or abrasion on the cornea
- Bacterial, viral, fungal, or amoebic infection
- Dry eye or sensitivity to lenses

You have been assessed and started on treatment to reduce inflammation, treat or prevent infection, and protect the surface of the eye. Proper aftercare is now essential.

What to Expect During Recovery

Common symptoms include:

- Eye pain, soreness, or discomfort
- Redness
- Watering or discharge
- Blurred vision
- Sensitivity to light
- A gritty or foreign body sensation
- Swollen eyelids
- Difficulty keeping the eye open
- Reduced tolerance of contact lenses
- Dry eye or sensitivity to lenses
“or lens solution”

Symptoms should gradually improve with treatment, but recovery time varies depending on the severity and cause of the condition.

Important: Contact lens-related infections can worsen quickly and may cause permanent vision problems if not treated properly. Do not restart contact lens wear until your ophthalmologist confirms it is safe.

Medications

You may have been prescribed treatment to reduce infection, inflammation, discomfort, or dryness.

Your treatment may include:

- Antibiotic eye drops or ointment
- Lubricating eye drops
- Anti-inflammatory drops, if prescribed
- Cycloplegic drops to reduce pain, if required
- Other specialist drops depending on the cause

How to Apply Eye Drops/Ointment:

1. **Wash your hands thoroughly** before handling your medication
 2. **Tilt your head back** and look up
 3. **Gently pull down your lower eyelid** to create a small pocket
 4. **Squeeze one drop (or a small ribbon of ointment)** into the pocket—do not let the tip touch your eye
 5. **Close your eye gently** for 1–2 minutes
 6. **Wipe away any excess** with a clean tissue
 7. **Wait at least 5 minutes** between different types of drops if you are using more than one
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Important:

- Do not miss doses.
- Do not stop treatment early, even if your eye feels better.
- If you run out of drops before your next appointment, contact us.
- Never use old or expired drops.
- Do not use steroid drops unless specifically prescribed.

Do's and Don'ts

DO:

- ✓ **Use all prescribed medication** exactly as directed.
 - ✓ **Stop wearing contact lenses** immediately.
 - ✓ **Attend all follow-up appointments.**
 - ✓ **Wear sunglasses** if your eye is light sensitive.
 - ✓ **Keep your eye clean** by gently wiping discharge with a clean, damp cloth.
 - ✓ **Wash your hands** before touching your eye or applying drops.
 - ✓ **Rest your eyes** if reading or screen use causes discomfort.
 - ✓ **Contact us urgently if symptoms worsen.**
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DON'T:

- ✗ **Do not wear contact lenses** until your ophthalmologist says it is safe.
 - ✗ **Do not reuse your current lenses, lens case, or solution.**
 - ✗ **Do not rub your eye.**
 - ✗ **Do not wear eye makeup** until fully healed.
 - ✗ **Do not swim** or shower while wearing lenses.
 - ✗ **Do not use tap water on your lenses, case, or eye.**
 - ✗ **Do not drive** if your vision is blurred or uncomfortable.
 - ✗ **Do not miss follow-up appointments.**
 - ✗ **Do not use someone else's eye drops or contact lens solution.**
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Contact Lens Wearers: Important Information

You must stop wearing contact lenses immediately.

Please discard:

- Your current contact lenses
- Your lens case
- Any open contact lens solution

Do not restart contact lens wear until your ophthalmologist has confirmed that your eye has fully healed.

When you are advised it is safe to wear lenses again:

- Wash and dry your hands before handling lenses.
 - Use only fresh sterile contact lens solution.
 - Never use tap water.
 - Replace your lens case regularly.
 - Do not sleep in lenses unless specifically advised.
 - Do not swim or shower while wearing lenses.
 - Remove lenses immediately if you develop redness, pain, or blurred vision.
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When to Seek Urgent Help

Contact us immediately or go to A&E if you experience:

- Worsening eye pain
- Sudden reduction or loss of vision
- Increasing redness or swelling
- Increasing discharge
- Severe sensitivity to light
- A white or grey spot on the cornea
- Symptoms not improving after 48–72 hours of treatment
- New floaters, flashes, or a shadow across your vision
- You feel generally unwell or develop a fever

Do not wait for your next appointment if you are concerned.

Follow-Up Appointments

Please attend all follow-up appointments recommended by your consultant, even if your eye feels better.

Follow-up allows us to check that the eye is healing properly and to adjust treatment if required.

Your follow-up schedule will depend on the severity of your condition and may involve review within 24–72 hours.

If you cannot attend, please contact us as soon as possible to reschedule.

Long-Term Outlook

Most contact lens-related corneal problems improve with prompt treatment and careful aftercare. However, more serious infections can lead to:

- Corneal scarring
- Reduced vision
- Recurrent inflammation
- Long-term dry eye or discomfort
- Rarely, the need for corneal surgery

Your consultant will explain your individual recovery and whether further treatment is required.

Preventing Recurrence

To reduce the risk of future contact lens-related eye problems:

- Follow strict contact lens hygiene.
 - Never use tap water with lenses.
 - Never sleep in lenses unless specifically advised.
 - Replace lenses and cases as recommended.
 - Do not overwear lenses.
 - Attend regular eye checks.
 - Seek prompt advice if you develop redness, pain, or blurred vision
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Contact Us

If you have any questions or concerns about your recovery, please contact your Veonet Ireland clinic:

T +353 (0)1 270 7888

E info@veonet-ireland.com

veonet-ireland.com

Opening hours:

Monday–Friday, 9.00 to 17.00

Out of hours number:

T +353 (0)1 270 7887

In an emergency, go to your local A&E.

Remember:

Contact lens-related eye problems can become serious quickly. Stop wearing your lenses, use your medication exactly as prescribed, attend follow-up appointments, and contact us urgently if symptoms worsen.

We are here to support your recovery every step of the way.

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T ROI 01 270 7888 or NI 028 9002 9002

E Patientexperience@veonet-ireland.com

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