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Dry eyes can cause significant discomfort for contact lens wearers. Thankfully, certain contact lenses are designed to alleviate these symptoms. This article explores the best contact lenses for dry eyes, their features, benefits, and tips for managing dry eye symptoms while wearing contacts.

best contacts for dry eyes, contact lenses for dry eyes, dry eye syndrome, eye comfort, moisture-retaining lenses, vision health, managing dry eyes, contact lens tips

Understanding Dry Eyes and Contact Lenses

What Causes Dry Eyes?

Dry eyes occur when your eyes do not produce enough tears or the tears evaporate too quickly. Common causes include:

- **Environmental Factors:** Wind, dry air, and prolonged screen time.
- **Medical Conditions:** Allergies, hormonal changes, and autoimmune diseases.
- **Medications:** Certain medications like antihistamines and antidepressants.
- **Aging:** Tear production tends to decrease with age.

Symptoms of Dry Eyes

Common symptoms include:

- **Dryness and Irritation:** A persistent feeling of dryness and irritation.
- **Redness:** Red, inflamed eyes.
- **Burning Sensation:** A burning or stinging feeling.
- **Blurred Vision:** Fluctuating or blurred vision.
- **Sensitivity to Light:** Increased sensitivity to light.



How Contact Lenses Affect Dry Eyes

Contact lenses can exacerbate dry eye symptoms by reducing the amount of oxygen that reaches the cornea and absorbing tears. However, choosing the right type of contact lenses can help mitigate these issues.

Best Contacts for Dry Eyes

Silicone Hydrogel Lenses

Benefits

Silicone hydrogel lenses are known for their high oxygen permeability, allowing more oxygen to reach the cornea. This helps keep your eyes healthier and more comfortable.

Recommended Brands

- **Acuvue Oasys:** Known for its comfort and moisture retention, Acuvue Oasys are best contacts for dry eyes sufferers. They use HydraClear Plus technology to keep lenses moist.
- **Biofinity:** These lenses offer excellent moisture and oxygen permeability, making them a popular choice for dry eyes. Their Aquaform Technology ensures all-day comfort.
- **Air Optix Aqua:** With a high level of breathability and moisture retention, these lenses provide comfort for those with dry eyes. They also feature SmartShield technology to protect against deposits.

Daily Disposable Lenses

Benefits

Daily disposable lenses are single-use lenses that you discard at the end of the day. They are convenient and reduce the risk of deposit buildup, which can irritate dry eyes. Because you use a fresh pair each day, there is less chance of contamination and are one among best contacts for dry eyes.

Recommended Brands

- **Dailies Total1:** These lenses have a high water content and use a water gradient technology to provide exceptional comfort for dry eyes.
- **Acuvue Oasys 1-Day:** Offering the same HydraClear Plus technology as their bi-weekly counterpart, these lenses are designed for daily use and provide excellent moisture retention.
- **Clariti 1-Day:** These lenses combine silicone hydrogel with high moisture content to ensure comfortable wear throughout the day.

Hydrogels and Other Moisture-Retaining Lenses

Benefits

Some hydrogel lenses incorporate moisture-retaining agents that help keep the lenses hydrated and comfortable.

Recommended Brands

- **Proclear:** These lenses use a unique material called phosphorylcholine (PC) that attracts and retains water, making them ideal for dry eyes.
- **Biotrue ONEday:** Inspired by the biology of your eyes, these lenses retain moisture and provide excellent comfort for dry eyes.



Tips for Managing Dry Eyes with Contact Lenses

Proper Lens Care

Clean and Replace Lenses

Always follow the recommended cleaning and replacement schedule for your lenses. Proper care helps prevent irritation and infections.

Use the Right Solution

Use a contact lens solution designed for sensitive eyes. Avoid solutions with preservatives that can irritate your eyes.

Eye Drops and Artificial Tears

Lubricating Eye Drops

Use lubricating eye drops or artificial tears to keep your eyes moist. Look for products specifically designed for contact lens wearers.

Preservative-Free Options

Choose preservative-free eye drops to avoid potential irritation from preservatives.

Hydration and Environment

Stay Hydrated

Drink plenty of water to keep your body and eyes hydrated.

Control Your Environment

Use a humidifier to add moisture to the air in your home or office. Avoid direct exposure to fans, air conditioners, and heaters.

Regular Eye Check-Ups

Schedule Regular Exams

Visit your eye doctor regularly to monitor your eye health and ensure your lenses fit properly. Regular check-ups help detect and address any issues early.



Discuss Symptoms

Inform your eye doctor about any symptoms of dry eyes. They can recommend appropriate treatments or adjust your prescription as needed.

Conclusion

Finding the right contact lenses for dry eyes can significantly enhance your comfort and eye health. By choosing lenses designed to retain moisture and following proper care practices, you can manage dry eye symptoms effectively. Always consult with your eye doctor to determine the best lenses for your needs and to ensure your eyes stay healthy and comfortable.

For more information on contact lenses for dry eyes, visit the [American Optometric Association \(AOA\)](#).

Explore user reviews and ratings on platforms like [Trustpilot](#).

Learn about proper eye care and lens maintenance from the [Contact Lens Society of America \(CLSA\)](#).

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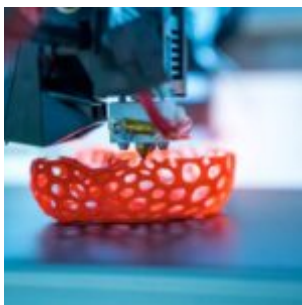
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