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Skip to main content Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Here are some of the most common contact lens problems, and how to avoid them. Damaged contact lens Tears, chips, and cracks to a contact lens can happen, and are common complaints among contact lens wearers. If the contact lens is damaged in any way, do not insert into your eye. Always inspect your contact lenses prior to insertion to ensure that there are no chips, splits or tears in the contact lens. Sometimes, when contact lenses are disinfected, they can become damaged in the process. Even if the lens is not torn, but appears slightly warped, it is best to discard the lens and open a fresh lens package. Warping can happen if the lens is accidentally squeezed or if the storage case is kept in a room where the temperature is too warm. A damaged lens can scratch or irritate your cornea, putting your eye at risk of damage or even infection, and a warped lens may not sit correctly on the cornea, making it difficult to correct a refractive error. Moreover, inadequate lens care or use of makeup, creams, or hairspray while wearing contact lenses, can cause a buildup of proteins and fatty deposits on the surface of the lens. When this happens, the lens is at greater risk of contamination from bacteria, fungi, and protozoa, which can result in corneal irritation. To avoid damaged lenses, carefully follow your optometrist's instructions on how to properly check, clean and care for your contact lenses. Dry eyes If your eyes feel dry after wearing your contact lenses for a few hours, it may be due to reduced blinking. It has been proven that contact lens wearers blink less frequently than non-contact lens wearers— and when sitting in front of a TV or computer screen, blink frequency is even further reduced. To avoid dry eyes, not only should you try to blink more often, but most doctors recommend using lubricating eye drops to provide the much needed moisture. Consult with your optometrist before starting a new eye drop, since not all eye drops are compatible with contact lenses. If dry eyes continue to be a problem, and eye drops do not seem to relieve your discomfort, your optometrist may recommend switching your brand of contact lenses to a brand specifically designed for dry eyes. Sometimes, dry eyes may be caused by dust, smoke, the effects of certain medications, and even air conditioning. If your environment is causing your dry eyes, try to make some lifestyle changes to avoid these factors as much as possible— or keep a pair of glasses nearby in case you need to remove your lenses in the middle of the day. Eye discomfort at night If you are experiencing eye discomfort toward the end of the day, you may be wearing your contact lenses for too many hours. To avoid this problem, many doctors recommend removing your lenses at the end of your work day, or after dinner, instead of right before bedtime. If this is not possible, speak with your optometrist about switching to lenses that contain a higher oxygen permeability. This type of lens is known for its ability to maintain hydration throughout the day— allowing for longer, more comfortable wear. If you suspect you have an eye condition, contact an eye doctor near you, who can diagnose and treat the condition. SEE RELATED: Top 10 Tips For Contact Lens Wearers Burning after lens insertion Do your eyes burn upon lens insertion? Your eyes may be telling you that your contact lenses are dirty. Contact lenses are made to absorb water and solution in order to keep them soft and flexible. However, they can also absorb dirt, oil, perfumes, creams, hairsprays, and many other types of materials. If your eyes burn upon lens insertion, remove your lenses immediately. To avoid this problem, always wash your hands with soap, free of perfumes and added oils, before touching your eyes and lenses. Additionally, if you have come in contact with hairspray, smoke, or anything else that may irritate your eyes, wait a few minutes before inserting your contact lenses— this will give your tears a chance to flush out the irritants before putting in your lenses. Another option to ensure that your lenses stay clean and free of contamination is to use daily disposable lenses. Starting the day with a fresh pair of lenses, will reduce your risk of contamination from improper cleaning— but still be sure to wash your hands well before handling your lenses. Contact lens awareness Does your contact lens feel like it's moving around in your eye? It may mean your lens does not fit your eye properly. If your lens is too loose on your eye, or if the diameter or base curve is not accurate, it can cause an increased awareness of your lenses, especially when you blink. On the other hand, your lens is too tight, you may not notice any discomfort for a few hours, as the lens will feel comfortable at first— but do not ignore this problem as there can be long term consequences of wearing tight lenses. If your lenses are a proper fit, but they continue to cause discomfort, or an awareness that you can't figure out, it may be time to replace your lenses. This sensation can occur when dirt and residue build up over time on the lens surface, causing an increased awareness of the lens on your eye. Allergic reaction Are your eyes red, itchy, and sore? You may be allergic to your contact lens solution. It is not uncommon for contact lens wearers to be allergic or sensitive to a preservative in their contact lens solution. If you are having an allergic reaction, you may experience redness, itching, and burning upon lens insertion. Be sure to speak to your optometrist about switching lens care brands, to alleviate your discomfort— it is important to discuss with your doctor before switching products, as not all lenses are suitable for every product. Seasonal allergies If you suffer from allergies, you may already know that your eyes suffer as well. Unfortunately, wearing contact lenses during high allergy seasons may increase your eye allergy symptoms, as dirt and particles can stick to your lenses without you even being aware. If you are experiencing increased eye allergy symptoms even after following a strict lens cleaning routine, speak to your optometrist about switching to daily disposable lenses. Daily lenses can help to keep your symptoms under control, as you will be able to replace your lenses each day, preventing a buildup of allergens. Your eye doctor may also recommend using artificial tears lubricating eye drops to help flush out any allergens from your eyes throughout the day. When to contact your eye doctor If you experience any problems with your contact lenses, it is always a good idea to remove them until you speak with your optometrist. Many contact lens problems are generally mild and easy to treat. However, complications can occur in some situations, and lead to serious infections that can threaten your vision. Therefore, always let your eye doctor know if any problems persist or any new problems arise, as well as if the recommended treatments are proving to be ineffective. LEARN MORE: Optical and Contact Lenses Schedule an appointment with an eye doctor to discuss how to achieve the best vision possible. Contact lenses can be an easy and convenient solution for clear and comfortable vision— take care of them and they will take care of you. Skip to main content Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Toric lenses have engraved lines along their nominal horizontal and/or vertical meridians, which indicate how much the lens has rotated on the eye (Figure 2). This allows the practitioner to offset the astigmatic axis, ensuring that the optical correction is accurate when the lens is on the eye. How do I tell if my contact lenses are toric? Consider a slice of the side of a beach ball with a spherical surface on standard contact lenses. A torus, on the other hand, is a donut-shaped geometric shape. This donut's side has a toric lens that looks like a slice of it. What is the best way to align your toric contact lenses? Some Astigmatism Toric lenses have a small mark on the lens that allows you to easily identify the bottom portion. As you place the lens over your eyes, keep your eyelids wide open and look straight ahead. It's critical to place the lens correctly; blink your eyes a few times to ensure that it's properly placed. What exactly is the small line on my contact lenses? The "scribe" marks on most Toric contact lenses are small lines on the contact lens that tell the eye care practitioner that the lens is in the correct position. These markings can also be used to your advantage. How long does it take you to get used to wearing toric contact lenses? Your eye care practitioner will give you instructions on how to use and care for your new contacts before you leave his or her office. It can take anywhere from 10 to 12 days for your lenses to fully adjust. During the adjustment period, once you start using the lenses on your own, keep an eye out for these # side effects. Why are there lines in astigmatism contacts? What's the reason for the toric contacts' lines? The purpose of these lines is to determine where the lens is sitting on the eye by using orientation markings. When checking the lens's fit, the small line on the contact lens should be at the bottom of the eye near the lower lid for the practitioner. Is it worth investing in toric lenses? Toric lenses, according to research, produce excellent visual results after cataract surgery and can more effectively correct astigmatism than limbal relaxing incisions. Will I require glasses after wearing toric lenses? Toric Lenses – Clear Vision for Astigmatism Patients You'll still require reading glasses for close-up tasks such as reading, but many Toric IOL patients are overjoyed to go from wearing glasses or contacts all of the time to simply needing glasses or contacts for close-up tasks. Are there any issues with toric lenses? Comfort and vision are usually the most common issues with toric lenses. Visual acuity problems are usually caused by constant or variable vision perceptions. These occur as a result of incorrect lens positioning or calculation errors. If I have astigmatism, can I wear non-toric lenses? Q: If you have astigmatism, can you wear regular contact lenses? A: No, if you suffer from astigmatism, you should wear specialized contact lenses because your condition may worsen if you don't. Regular contact lenses do not completely cover your cornea, which will obstruct your ability to see. Why do my toric lenses appear to be blurry? Remember that if your toric contacts do not appear to be working or your toric lenses are blurry at any point, you should see an eye doctor. Why do toric lenses make you feel so uncomfortable? Toric contact lenses must be fitted comfortably to avoid slipping due to its shape, or it will be extremely uncomfortable to wear. The issue, however, is that they are frequently misaligned, forcing users to constantly adjust their lenses while wearing them. Is it more expensive toric lenses? Standard soft contact lenses are more expensive than toric contact lenses. You may pay up to 35% more for these lenses, depending on the distributor. Is it possible to lose contact lenses behind the eyeball? The conjunctiva folds back at the back of the eyelids and becomes the outer covering of the white part of the eyeball (sclera). Because the conjunctiva runs from the eyelids to the sclera, a contact lens can become lost behind your eye and trapped there. Why do my contacts appear to be blurry? Blurred vision has a simple cause: movement or rotation of lenses. Your contact lenses can shift, blurring your vision. Your contacts can become stuck to your eye if your eyes or contact lenses become too dry. Is it better to wear contacts or glasses for astigmatism? Many people with moderate astigmatism can benefit from contact lenses, which are another excellent option. In fact, some people with astigmatism prefer contact lenses to eyeglasses because contacts can provide clear vision and a wider range of vision than glasses. How long does it take you to adjust to a generic IOL? It may take three to six weeks for your vision to fully stabilize after cataract surgery, depending on the IOL you choose. It may be difficult for you to adjust to monovision in particular. How much does astigmatism justify toric IOL? Dr. Koch's toric-IOL use threshold also considers the posterior-corneal effect: "With-the-rule would be around 1.5 diopters, and about 0.5 against it," he says. Dr. Kieval says, "I'm geared toward a toric-lens solution for astigmatism in the trenches." How long does it take your eyes to adjust to contacts? The adjustment to your new lenses can take up to two weeks, according to most professionals. Here's a look at a few suggestions to help you make the transition to wearing contacts, as well as when you might need some extra assistance from your eye doctor. Why do I prefer my glasses to my contacts to my eyes? For starters, contacts are much closer to the eye than glasses, despite having the same strength and focusing power. This means they bend light more accurately to your prescription, and if you switch from glasses to contacts, they may appear to slightly improve your visual acuity. Is it possible that contacts are blurry at first? Is it possible that contacts are blurry at first? It may take a few seconds for your lens to settle into the correct position when you first wear contacts. For a brief moment, this can cause blurred vision. If you're a contact lens wearer, you may have noticed a small orange dot on one of your lenses. This tiny mark can be puzzling, especially if you're not sure what it's for or why it's only on one lens. In this article, we'll delve into the world of contact lenses and explore the reason behind the orange dot. What is the Orange Dot on Contact Lenses? The orange dot on contact lenses is a small, circular mark that is usually located on the edge of the lens. It's a common feature on many contact lenses, but it's not always noticeable. The dot is typically orange in color, but it can also be yellow or red, depending on the manufacturer. The Purpose of the Orange Dot So, why is the orange dot on your contact lens? The answer lies in the manufacturing process. The orange dot is a marker that indicates the orientation of the lens. It's used to help the manufacturer ensure that the lens is properly aligned during the production process. When contact lenses are made, they are cut from a larger sheet of material. The orange dot is applied to the lens during this process, and it serves as a reference point for the manufacturer. The dot helps the manufacturer to ensure that the lens is properly aligned and that the curvature is correct. How the Orange Dot Helps with Lens Orientation The orange dot is an important feature that helps with lens orientation. When you put in your contact lenses, it's essential to ensure that they are properly aligned. If the lenses are not aligned correctly, it can cause discomfort, blurred vision, and even eye irritation. The orange dot helps to prevent these issues by providing a clear indication of the lens's orientation. By looking for the orange dot, you can ensure that the lens is properly aligned and that the curvature is correct. The Benefits of the Orange Dot The orange dot on contact lenses provides several benefits, including: Improved lens orientation: The orange dot helps to ensure that the lens is properly aligned, which can improve the overall comfort and clarity of vision. Reduced eye irritation: By ensuring that the lens is properly aligned, the orange dot can help to reduce eye irritation and discomfort. Easier lens handling: The orange dot provides a clear indication of the lens's orientation, making it easier to handle and insert the lens. Other Features of Contact Lenses In addition to the orange dot, contact lenses often have other features that help with orientation and comfort. Some common features include: Toric markings: These are small lines or marks on the lens that indicate the orientation of the lens. Toric markings are commonly used on toric lenses, which are designed to correct astigmatism. Base curve indicators: These are small marks on the lens that indicate the base curve of the lens. Base curve indicators can help the manufacturer to ensure that the lens is properly aligned during the production process. How to Handle Contact Lenses with the Orange Dot If you have contact lenses with the orange dot, it's essential to handle them correctly. Here are some tips for handling contact lenses with the orange dot: Always wash your hands before handling your contact lenses. Make sure to clean and disinfect your contact lenses regularly. When inserting your contact lenses, look for the orange dot to ensure that the lens is properly aligned. When removing your contact lenses, gently grasp the lens and slide it off your eye. Conclusion The orange dot on contact lenses is a small but important feature that helps with lens orientation and comfort. By understanding the purpose of the orange dot, you can ensure that your contact lenses are properly aligned and that you're getting the best possible vision. Whether you're a seasoned contact lens wearer or just starting out, it's essential to handle your lenses correctly and take care of your eyes. By following the tips outlined in this article, you can enjoy clear, comfortable vision with your contact lenses. And the next time you notice the orange dot on your lens, you'll know exactly what it's for. What is the orange dot on my contact lens? The orange dot on your contact lens is a small marking that is usually found on the edge of the lens. It is a common feature on many contact lenses, but its purpose is not immediately clear to many users. The orange dot is actually a tint that is applied to the lens during the manufacturing process. The tint is used to help the manufacturer track the orientation of the lens during the production process. It is also used to help the user identify the correct orientation of the lens when they are putting it in their eye. However, the orange dot does not serve any functional purpose in terms of the lens's ability to correct vision. Is the orange dot on my contact lens a defect? No, the orange dot on your contact lens is not a defect. It is a deliberate marking that is applied to the lens during the manufacturing process. The orange dot is a normal feature on many contact lenses, and it does not affect the performance or safety of the lens. In fact, the orange dot is a sign that the lens has been properly manufactured and inspected. It is a quality control measure that helps to ensure that the lens meets the required standards. So, if you notice an orange dot on your contact lens, you don't need to worry – it's just a normal part of the lens. Will the orange dot on my contact lens affect my vision? No, the orange dot on your contact lens will not affect your vision. The dot is small and is located on the edge of the lens, so it does not interfere with the visual axis. The lens is designed to correct your vision, and the orange dot does not obstruct or distort your view in any way. In fact, most people are not even aware of the orange dot when they are wearing their contact lenses. It is only visible when you look closely at the lens, and it does not affect the way the lens functions. So, you can wear your contact lenses with confidence, knowing that the orange dot will not affect your vision. Can I remove the orange dot from my contact lens? No, it is not recommended to try to remove the orange dot from your contact lens. The dot is a permanent marking that is applied to the lens during the manufacturing process, and it cannot be removed without damaging the lens. Attempting to remove the orange dot could scratch or damage the lens, which could affect its performance and safety. It's best to leave the orange dot alone and focus on properly caring for and maintaining your contact lenses. If you have any concerns about your contact lenses, you should consult with an eye care professional. Is the orange dot on my contact lens a new feature? No, the orange dot on your contact lens is not a new feature. It has been a standard feature on many contact lenses for many years. The dot has been used by manufacturers for decades as a way to track the orientation of the lens during production and to help users identify the correct orientation of the lens. While the orange dot may seem like a new feature to some users, it is actually a well-established part of contact lens design. Many people have been wearing contact lenses with orange dots for years without even realizing it. Do all contact lenses have an orange dot? No, not all contact lenses have an orange dot. While the orange dot is a common feature on many contact lenses, it is not a universal feature. Some contact lenses may have different markings or no markings at all. The presence or absence of an orange dot depends on the manufacturer and the specific type of lens. Some manufacturers may use different colors or markings, while others may not use any markings at all. If you have any questions about your contact lenses, you should consult with an eye care professional. Should I be concerned about the orange dot on my contact lens? No, you should not be concerned about the orange dot on your contact lens. The dot is a normal feature that is designed to help the manufacturer and the user. It does not affect the performance or safety of the lens, and it is not a sign of any problem or defect. In fact, the orange dot is a sign that the lens has been properly manufactured and inspected. It is a quality control measure that helps to ensure that the lens meets the required standards. So, if you notice an orange dot on your contact lens, you can be confident that it is a normal and safe feature. Skip to main content Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Skip to main content Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Skip to main content Skip to content Toric lenses generally have engraved lines along their nominal horizontal and/or vertical meridians to indicate how much the lens has rotated on the eye (Figure 2). This enables the practitioner to offset the astigmatic axis so that when the lens is on the eye, the optical correction is accurate. How long does it take for toric lenses to settle? 2. Modern toric lenses don't take very long to settle, no more than five to 10 minutes. Why does my contact lens have a line? What is the reason for the lines on toric contacts? These lines are an orientation marking and the purpose is to identify where the lens is sitting on the eye. For the practitioner, when checking the fit of the lens, the small line on the contact lens should be sitting at the bottom of the eye by the lower lid. How can I tell if I have a toric contact lens? Some Toric lenses have a small hatch mark, or pair of marks, on the lens to identify the bottom portion. Hold your eyelids open with your free hand and the middle finger of your hand holding the lens. Look straight ahead as you place the contact directly on your eye. Why do toric contact lenses have a middle axis? Ballasting, where the lens is a little thicker or heavier This means that fitting the contact lenses to your eyes is even more important than usual. Toric contact lenses have a middle axis, like the Earth's equator, that keeps your line of vision clear. If your lenses don't fit well and slip, so does the visual clarity. Can a person with astigmatism use toric contact lenses? If your 'Cylinder' power is -3.00 or higher, unfortunately, you are simply not a good candidate for toric contact lenses. The vision with toric contact lenses for people with astigmatism is generally not as clear as the vision with spherical contact lenses for people who don't have astigmatism. What does a torus contact lens look like? A torus, in contrast, is a geometric shape that looks like a donut. A toric lens is shaped like a slice of the side of this donut. The shape of toric contact lenses creates different refractive, or focusing, powers on the vertical and horizontal orientations.