



**TRINIDAD AND TOBAGO OPTOMETRISTS ASSOCIATION
WARNS AGAINST THE USE OF
'FASHION COSMETIC COLOURED' CONTACT LENSES
WITHOUT A PRESCRIPTION.**



Image Source: www.americanacademyofophthalmology.org

As we approach the holiday and feting season in Trinidad and Tobago, you might be thinking that it would be cool, trendy or even fun to have 'fashion coloured cosmetic' contact lenses to suit your mood or outfit or even for cosplay.





Here's what you should know:

Contact lenses are medical devices which are placed on the eye to improve your vision. They are not fashion accessories or cosmetics and require a prescription from an eye care professional.

The Trinidad and Tobago Optometrists Association (TTOA) recommends that you have an eye examination and be fitted for contact lenses by a registered Optometrist even if you feel that your vision is perfect. The fitting of contact lenses is regulated by the Opticians (Registration) Act.

During this examination your eyes will be assessed and measured to see if they are suitable for contact lenses, which contact lenses will suit your eyes and how your eyes will respond to contact lens wear.



Optical assistant measuring the front curvature to ensure the best fit of contact lenses.



Optometrist uses a Slit-lamp to determine health of the eyes to wear contact lenses.

You must receive instructions about handling and cleaning your contact lenses. You must follow all the instructions from your optometrist on wearing, disinfecting, and disposing of lenses. You should attend all follow up visits as advised by your optometrist or if you have any discomfort or sign of infection.

A valid prescription for contact lenses must **BE SIGNED** by the optometrist and **MUST INCLUDE** the brand, specifics of the contact lenses and the date of issue and an expiry date.

What can go wrong?

A badly fitting contact lens or improper cleaning techniques, including the use of water to clean, rinse or store, can cause corneal ulcers (sores on your eye), conjunctivitis (pink eye), and in severe cases bacterial infections which can cause blindness within 24 hours.

You may have an allergic reaction to contact lens material or the dyes in the 'fashion coloured cosmetic' lenses or contact lens solutions.

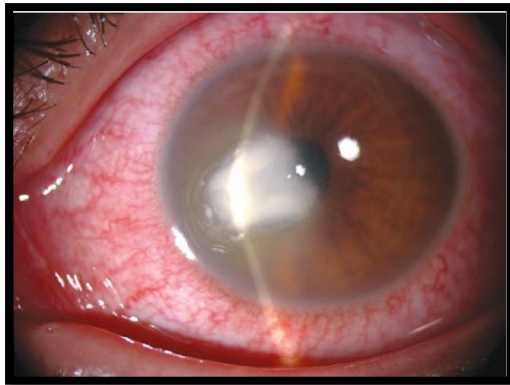


Image Source: www.semanticscholar.org: Contact lens induced corneal ulcer

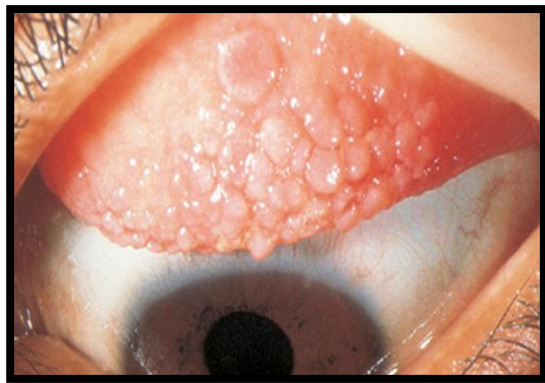


Image Source: www.aoa.org: Contact lens induced Giant Papillary Conjunctivitis

Good advice to follow:

- TTOA is aware that many places sell 'fashion coloured cosmetic' contact lenses.
- TTOA advises that you **ONLY** purchase contact lenses from registered optical practices that require you to provide a signed contact lens prescription with an expiry date, whether you buy instore or online.
- TTOA advises that you check with the Trinidad and Tobago Opticians Registration Council (TTORC) to ensure is that your optical provider is registered via the email address at ttorc@outlook.com
- We advise that you **NEVER** purchase contact lenses including 'fashion coloured cosmetic' contact lenses from beauty salons, pharmacies, salons, street vendors, markets, fairs etc. and internet sites that do not require a prescription.

Keep your eyes happy. Visit your registered Optometrist for advice on contact lenses.