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r/optometry



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r/optometry • 3 yr. ago

euquero1dogao



its safe to use contacts for more than 12 hours?

General

so, tommorow i will be going to a amusement park, and i was thinking, and i decided to go with lenses but im scared coz im going to have to stay with them for more than 15 hours, and isaw that keeping them more than 12 hours is bad for our eyes

so what can I do? I don't know, at lunch, take them out and after half an hour put them again? after washing them? would that be safe? I need help, please

tl dr it's OK for me to use lenses for 15hours if I take them out and clean them?



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Knikkz • 3y ago

Optometrist here. It is completely fine to wear your lenses for more than 12 hours, even without taking them out. I generally wear mine from about 6:30am until 11pm or so. Almost all [modern contacts](#) are very safe to wear for a full day.

16 ...



CutFunny9642 • 3y ago

Is wearing contact lens in Water Ride or Swimming Pool safe ?

2 ...



mansinoodle2 • 3y ago

A lot of people wear contacts for 14-16 hours, just don't sleep in them.

9



euquero1dogao OP • 3y ago

yea, I know abt the no sleep part, but really? like I ve heard so many times it's dangerous, but OK, I still will make that 30min pause tho, I dunno it scares me

1

3 more replies



singdancerunlife • 3y ago

Safe? Yes. Comfortable? Depends. If they fit you right and you don't have any issues with your eyes you should be absolutely fine.

1



r/optometry • 5 days ago

Those on SAVE, have you switched or are you staying in forbearance?

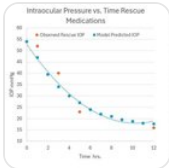
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