5 Contact Lens Myths Eye Doctors Want You to Stop Believing Transcript

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5 Myths About Contact Lenses Most People Believe Most people wear contact lenses every day, but believe at least one thing about them that just is not true.

And those myths are often why people feel uncomfortable, anxious about their eyes, or think contacts are damaging their vision. Today, I want to walk you through the 5 biggest myths about contact lens.

what is actually true and what really matters if you wear them. Hi, I'm Dr. Bryce Applebaum. I am a neuro-optometrist and the founder of My Vision First.

contact lenses come up all the time. So let us clear a few things up here. Myth number one. Contact lenses make your eyes worse. This is probably the most common one contact.

Lenses do not weaken your. Eyes they do. Not damage your eyesight. They do, not make her prescription worse they. Do not cause your, eyes to become dependent.

What actually alters vision over time is near work. Extended screen use. Focusing stress and visual habits. Contact lenses, they make a blurry image clear.

Your brain is responsible for everything else. The contact lenses themselves do not control how your eyes focus or how the eye-brain connection responds to visual demands.

So when prescriptions change, it's usually not because of the contacts, It's because how that visual system is being used. And how you are responding to the visual stress of life.

Myth number two, contacts are bad for your eyes. Contacts themselves are not necessarily bad, especially with the latest technology that is being used and the breathability and wettability of many of the materials out there.

Problems usually come from how they are used. or if they're being abused. Most issues happen when people wear them too long, when they sleep in lenses not designed for it, and they ignore dryness or irritation.

They don't have clean hands or clean eyes and lids. When they don t replace them on the prescribed schedule or push through discomfort. When contact lenses are used correctly and fit properly and are high quality, they are very safe.

I myself wear contact lens and never think twice about it. Most contact problems are usage problems, not lens problems. 3. If contacts feel uncomfortable then they are not for you.

This one stops a lot of people from ever finding a good solution. Discomfort usually means dry eye, poor tear film quality, reduced blinking especially on screens, the wrong lens material, wrong replacement schedule, or even the It does not automatically mean contacts are not an option for you.

Discomfort is feedback, not failure. And comfort can depend just as much on your visual habits as it does on the lens. It means, often, time to be more direct and more intentional moving forward, finding the right option.

for you. Myth number four, contacts fix eye strain and fatigue. Contacts improve clarity. They do not fix how your visual system functions. So when someone says their eyes still feel tired, screens still drain them, or they still get headaches, the issue usually is not clarity, it is eye coordination, focusing endurance or visual workload.

It's how the brain is using the eyes. Contact do no train the visual systems, they simply sharpen the image. Myth number five, contacts and glasses do the same thing.

Both contacts in glasses correct blurry eyesight, but they behave differently. Contacts move with your eyes, allow for a wider field of view and reduce peripheral distortion.

Glasses sit farther away from the eye. They can create edge distortion and change magnification. And depending on the type of prescription you have, this can mean a massive difference in terms of how your brain function and uses the information coming in through the eyes.

They're simply different tools for different needs. And depending on your specific visual profile, neither could be better or worse. Or the opposite. One setup could much better than the other.

What matters more than which one you choose is how efficiently your visual system is working behind the lenses. Because when we optimize the eye-brain connection, one or both setups can be so much more and better tolerated and more comfortable.

Here's the big takeaway. Contact lenses themselves do not weaken your eyes. They're not bad when used properly. Do not fix visual fatigue. And do you not replace healthy visual habits?

They are tools, not solutions to every vision problem. If you wear contacts and still feel tired, drained, or visually overwhelmed, do NOT assume the lenses are the issue.

Often the real problem is how hard your brain is working to see clearly how your is filtering. organizing and processing the information coming in through the eye.

If this was helpful, I will be sharing more simple, honest explanations to help you understand your vision better, not just your prescription. And if you want to go deeper, i've put together resources that explain how visual stress builds, and most importantly, what you can actually do about it.