

Compliance with rules of hygiene among contact lens wearers and their impact on the eye: A cross-sectional study

Saudi Arabia

Introduction: Contact lens wearers (CLW) are at a higher risk of eye infections and complications due to poor hygiene practices. This study aims to assess the compliance with hygiene rules among CLW in Saudi Arabia and its impact on eye health.

Methodology: A cross-sectional study was conducted in Saudi Arabia involving 500 CLW. The study included a questionnaire assessing hygiene practices and eye health. The age range was 0-10 years.

Results: The study found that 95.8% of CLW were compliant with hygiene rules, while 4.2% were not. The impact on eye health was assessed, with 85.4% of CLW reporting no eye problems, 15.8% reporting mild eye problems, and 47.8% reporting severe eye problems. The compliance rate was 42.6% for CLW aged 21-40 (89.2%) and 30.2% for CLW aged 0-10 (69.2%).