

When and Why? Is it Recommended to Fit Contact Lenses in Children?

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Fitting contact lenses in infants and children was first suggested by Girard in 1962 [1], for the management of monocular aphakia just a few years after contact lenses were introduced in Ophthalmology, with excellent results followed later by other authors [2-4] and using soft contact lenses also in an extended wear fashion [3,5] and as a patching mechanism in the sound eye [6,7]. With the success obtained with aphakic lenses in children, Allen used them for the management of congenital nystagmus as an interesting way to treat this complicated disease [8]. In 1996, in Poland Boroditsky, et al. recommended the use of soft contact lenses early in children to control myopia [9], giving rise to the orthokeratology [10] and of course to correct high refractive errors with the advantage of visual quality improvement and wider visual fields.

There is no doubt that fitting contact lenses in children have many advantages in the future of these patients, not only for better school performance but for many psychological changes found by different studies where the self-esteem, quality of life, appearance, social acceptance and less bullying experiences, change the life of these children. It is important to insist that parents play an important role supporting the Eye MD or the Optometrist with this idea, knowing that there is a great supported experience throughout the world with this procedure with few complications [11,12] and of course that there are some risks and few complications, if these patients do not follow the indications and precautions to be taken, by the child and the parents, when they utilized the contact lenses [13]. Personally, I have a long experience using different types of lenses according to the type of the refractive error and medical eye conditions.

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