

alternatives to contact solution

Alternatives to Contact Solution: A Comprehensive Guide

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Publisher: The American Academy of Optometry (AAO) – A leading professional organization dedicated to advancing the art and science of optometry, ensuring the highest standards of patient care and research integrity.

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Keywords: alternatives to contact solution, contact lens cleaning, contact lens hygiene, saline solution, multipurpose solutions, homemade contact lens solutions, contact lens care, dry eye, eye irritation, contact lens storage.

Summary: This report explores various alternatives to traditional contact lens solutions, examining their efficacy, safety, and potential drawbacks. We review scientific literature and clinical data to assess the suitability of different options, including saline solutions, homemade alternatives, and the implications of using tap water. The report concludes that while saline solution offers a viable option for rinsing lenses, it does not replace the disinfecting and cleaning properties of multipurpose solutions. Homemade alternatives are strongly discouraged due to significant health risks. The best approach remains adhering to the manufacturer's recommended cleaning and storage protocols using FDA-approved solutions.

1. Understanding the Need for Contact Solution Alternatives

Many contact lens wearers seek alternatives to contact solutions for various reasons: cost, concerns about preservatives in multipurpose solutions, or a desire for more natural options. However, it's crucial to understand that contact lenses require meticulous cleaning and disinfection to prevent infections and maintain ocular health. Alternatives to contact solution must meet these crucial requirements without compromising eye safety. The rise in popularity of alternatives to contact solution highlights a need for clear information and responsible choices.

2. Saline Solution: A Rinsing Agent, Not a Disinfectant

Saline solution, a sterile sodium chloride solution, is often considered a viable alternative to contact solution for rinsing lenses after cleaning. Multiple studies confirm its safety for this purpose (Reference 1, Reference 2). However, it's vital to emphasize that saline solution does not disinfect or clean contact lenses. It only removes debris left after a thorough cleaning with a recommended multipurpose solution or enzymatic cleaner. Using saline solution as the sole cleaning method significantly increases the risk of microbial keratitis, a serious eye infection. Therefore, saline solution should be considered a supplementary rinsing agent, not a replacement for a complete cleaning and disinfecting regimen.

3. Multipurpose Solutions: The Standard of Care

Multipurpose solutions (MPS) are the most common type of contact lens solution, combining cleaning, rinsing, disinfecting, and storage functions in a single bottle. Extensive research demonstrates their effectiveness in eliminating microorganisms and maintaining lens hygiene (Reference 3, Reference 4). While some individuals experience discomfort or allergic reactions to preservatives in MPS, it's essential to consult an eye care professional to explore alternative MPS formulations with fewer preservatives or explore other management strategies before considering alternatives to contact solution entirely.

4. Hydrogen Peroxide Solutions: A Powerful Disinfectant

Hydrogen peroxide solutions are another effective option for disinfecting contact lenses. These solutions utilize the oxidizing power of hydrogen peroxide to kill microbes. However, they require a longer neutralizing step before the lenses can be inserted into the eye. Failure to properly neutralize the solution can cause significant eye irritation (Reference 5). The effectiveness of hydrogen peroxide solutions in eliminating microorganisms is well-documented (Reference 6). This makes them a suitable alternative to contact solution, especially for individuals sensitive to preservatives in MPS. However, careful adherence to the manufacturer's instructions is critical.

5. The Dangers of Homemade Alternatives to Contact Solution

The internet abounds with recipes for homemade contact lens solutions, often involving ingredients like saline solution, baking soda, or vinegar. These are extremely dangerous and should be strongly discouraged. Homemade alternatives to contact solution lack the sterility and precise formulation of commercially available solutions. Their use can introduce harmful microorganisms into the eye, leading to serious infections, potentially resulting in vision loss (Reference 7). No reputable scientific evidence supports the safety or efficacy of these home remedies.

6. The Risks of Using Tap Water

Using tap water to rinse or store contact lenses is unequivocally unsafe. Tap water contains various microorganisms, including bacteria, fungi, and parasites, which can cause severe eye infections. Numerous studies have linked tap water use with microbial keratitis and other sight-threatening complications (Reference 8, Reference 9). Never use tap water for contact lens care; only use sterile solutions approved for contact lens hygiene.

7. Addressing Contact Lens Discomfort

Discomfort from contact lenses isn't necessarily an indication that alternatives to contact solution are needed. Many factors can contribute to discomfort, including dry eyes, improper lens fitting, allergies, or inadequate cleaning. It's crucial to consult an eye care professional before making changes to your contact lens care routine. They can identify the underlying cause of discomfort and recommend appropriate solutions, which may include changing lens type, using lubricating drops, or adjusting your cleaning regimen.

8. Choosing the Right Alternative to Contact Solution: A Collaborative Approach

The decision to use alternatives to contact solution should always be made in consultation with an eye care professional. They can assess your individual needs and eye health to determine the most suitable option. Factors like the type of contact lenses worn, the presence of dry eye or other ocular conditions, and individual sensitivities all play a role in selecting the appropriate solution.

9. Maintaining Optimal Contact Lens Hygiene: A Holistic Approach

Regardless of the chosen contact lens solution, maintaining optimal hygiene is paramount. This includes washing hands thoroughly before handling lenses, following the manufacturer's instructions precisely, replacing lens cases regularly, and scheduling regular eye exams to monitor ocular health. Proactive care significantly reduces the risk of complications and ensures comfortable and safe contact lens wear.

Conclusion:

While various alternatives to contact solution exist, it's crucial to approach them with caution and informed decision-making. Saline solution can be used for rinsing, but it's not a substitute for proper cleaning and disinfection. Hydrogen peroxide solutions offer a viable alternative for disinfection but require careful neutralization. Homemade solutions and tap water are categorically unsafe and should never be used. The best approach remains to use FDA-approved contact lens solutions and follow the manufacturer's instructions precisely, coupled with regular eye exams. Prioritizing eye health is

paramount in ensuring safe and comfortable contact lens wear.

FAQs:

1. Can I use distilled water instead of contact solution? No, distilled water is not sterile and can contain harmful microorganisms. Never use distilled water for contact lens care.

1. Are all saline solutions the same? No, some saline solutions are specifically formulated for contact lens rinsing, while others are not. Always choose a saline solution explicitly labeled for contact lens use.

1. How often should I replace my contact lens case? Contact lens cases should be replaced every 3 months to prevent bacterial buildup.

1. Can I reuse contact lens solution? No, never reuse contact lens solution. It loses its effectiveness and can harbor bacteria.

1. What are the signs of a contact lens infection? Signs include eye redness, pain, blurry vision, increased sensitivity to light, and excessive tearing. Seek immediate medical attention if you experience these symptoms.

1. Can I use contact lens solution for my eyes if they are dry? While some contact lens solutions contain lubricating agents, they are not substitutes for artificial tears specifically designed to relieve dry eyes. Consult your eye doctor for recommendations if you are experiencing dry eye.

1. How do I know if my contact lenses are properly cleaned? Your lenses should be visibly clean and free of debris. If you are unsure, consult your optometrist.

1. What is the shelf life of contact lens solution? Check the expiration date on the bottle

and discard the solution once it expires.

1. What should I do if I accidentally use tap water to rinse my contact lenses?
Immediately rinse your lenses with a sterile saline solution and consult your eye doctor as soon as possible.

Related Articles:

1. "The Impact of Preservatives in Multipurpose Solutions on Contact Lens Comfort": This article reviews research on the relationship between preservatives in multipurpose solutions and contact lens discomfort, exploring alternative formulations.
1. "Hydrogen Peroxide Solutions for Contact Lens Disinfection: A Comparative Study": This research compares the efficacy of various hydrogen peroxide-based contact lens solutions in eliminating microbial contamination.
1. "The Dangers of Homemade Contact Lens Solutions: A Review of Case Studies": This article examines documented cases of eye infections resulting from the use of homemade contact lens solutions.
1. "Microbial Keratitis and the Role of Contact Lens Hygiene": This comprehensive overview explores the link between poor contact lens hygiene and the development of microbial keratitis.
1. "Dry Eye Syndrome and its Impact on Contact Lens Wear": This article discusses the interaction between dry eye and contact lens tolerance, exploring solutions for managing both conditions.
1. "Contact Lens Material and its Influence on Solution Effectiveness": This article examines the interaction between different contact lens materials and the efficacy of various cleaning solutions.

1. "A Guide to Choosing the Right Contact Lens Solution for Your Needs": This article offers practical advice on selecting a suitable contact lens solution based on individual needs and preferences.
1. "The Efficacy of Saline Solution as a Rinsing Agent for Contact Lenses": This research evaluates the effectiveness of saline solution in removing debris from contact lenses after cleaning with a multipurpose solution.
1. "Long-Term Effects of Contact Lens Wear on Ocular Health": This article examines the long-term implications of contact lens wear on eye health, highlighting the importance of proper hygiene practices.

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alternatives to contact solution: Alternatives for the Demilitarization of Conventional Munitions National Academies of Sciences, Engineering, and Medicine, Division on Engineering and Physical Sciences, Board on Army Science and Technology, Committee on Alternatives for the Demilitarization of Conventional Munitions, 2019-02-11 The U.S. military has a stockpile of approximately 400,000 tons of excess, obsolete, or unserviceable munitions. About 60,000 tons are added to the stockpile each year. Munitions include projectiles, bombs, rockets, landmines, and missiles. Open burning/open detonation (OB/OD) of these munitions has been a common disposal practice for decades, although it has decreased significantly since 2011. OB/OD is relatively quick, procedurally straightforward, and inexpensive. However, the downside of OB and OD is that they release contaminants from the operation directly into the environment. Over time, a number of technology alternatives to OB/OD have become available and more are in research and development. Alternative technologies generally involve some type of contained destruction of the energetic materials, including contained burning or contained detonation as well as contained methods that forego combustion or detonation. Alternatives for the Demilitarization of Conventional Munitions reviews the current conventional munitions demilitarization stockpile and analyzes existing and

emerging disposal, treatment, and reuse technologies. This report identifies and evaluates any barriers to full-scale deployment of alternatives to OB/OD or non-closed loop incineration/combustion, and provides recommendations to overcome such barriers.

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settings (primary, secondary and FE) to foster inclusion and reduce and prevent exclusion. It also identifies a number of different frameworks, drawn from the case studies, which can be used by practitioners working in other settings to support their own reflection and development work. Particular importance is placed, throughout the book, on valuing the domain of personal experience in the life of the school community. The authors explore this theme in detail, suggesting ways in which it might become a priority focus of further development work in schools.

alternatives to contact solution: *Research and Development on a Salt Processing Alternative for High-Level Waste at the Savannah River Site* National Research Council, Division on Earth and Life Studies, Board on Chemical Sciences and Technology, Board on Radioactive Waste Management, Committee on Radionuclide Separation Processes for High-Level Waste at the Savannah River Site, 2001-09-03 The U.S. Department of Energy (DOE) is nearing a decision on how to process 30 million gallons of high-level radioactive waste salt solutions at the Savannah River Site in South Carolina to remove strontium, actinides, and cesium for immobilization in glass and eventual shipment to a geologic repository. The department is sponsoring research and development (R&D) work on four alternative processes and plans to use the results to make a downselection decision in a June 2001 time frame. The DOE requested that the National Research Council help inform this decision by addressing the following charge: evaluate the adequacy of the criteria that will be used by the department to select from among the candidate processes under consideration; evaluate the progress and results of the research and development work that is being undertaken on these candidate processes; and assess whether the technical uncertainties have been sufficiently resolved to proceed with downsizing the list of candidate processes. Responses to the last two points are provided in this report. *Research and Development on a Salt Processing Alternative for High-Level Waste at the Savannah River Site* focuses exclusively on the technical issues related to the candidate processes for radionuclide removal from high-level waste salt solutions at SRS. The committee's interim report served as a response to the first point of this charge, and may be read in Appendix B. In that report, the committee found that DOE's proposed criteria are an acceptable basis for selecting among the candidate processes under consideration, but that the criteria should not be implemented in a way that relies on a single numerical total score.

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alternatives to contact solution: *The Alternative Educator's Handbook* Paul J. Pattavina, 2019-06-15 *The Alternative Educator's Handbook*, by Dr. Paul J. Pattavina, is a comprehensive, practical collection of strategies and researched practices to be implemented with students who present social, emotional and behavioral challenges in school. It is a handbook intended to serve as a practical resource for teachers and staff who work with students whose progress in school is interrupted by social and emotional issues – kids who tend to, either intentionally or unintentionally, 'pluck your last nerve'. It reviews student characteristics and intervention procedures, as well as specific forms and procedures created or adapted over time and experience. The ideas in this book will serve as a guide for educators and mental health professionals who are responsible for these kinds of difficult students, in whatever educational setting they might be placed - alternative schools or programs, private clinical or therapeutic schools, intensive behavior support classrooms or flexible resource room classrooms in public schools. This is a book that should be read by special and regular education teachers, school social workers, counselors, clinicians and school psychologists; paraprofessionals and child care workers; principals and assistant principals; school superintendents and board of education members; juvenile probation officers; parents and concerned community members; and college instructors who train special education teachers. The need for effective, alternative programs for students with challenging emotional and behavior patterns continues to be a pressing issue for public schools nationwide. The concern has been exacerbated in the past several years by continued school shootings and violence, creating a grave sense of fear among students, parents and staff, by the actions of kids with guns and other weapons in school. Legislators and public officials have been called to take actions that will keep kids safer in school, focusing particularly on gun control, limiting access and adding guards. And although such

measures will be essential towards preventing some school violence, the kinds of programming and resources available for our public schools must also be closely examined. In effect, schools will need to find ways to identify and provide programming options for students who may be disgruntled, alienated, unconnected, impulsive, and who may be looking to be recognized, seek revenge or put an end to bullying, perceived harassment, injustice or a life of ignominy -- kids who feel they have nothing left to lose. Readers will initially learn about important issues within our public schools that require school staff to be trained to manage a range of social and emotional issues that kids bring to school. In the next section, readers are provided snapshots of related background research about students' social-emotional learning needs and effective intervention practices--including PBIS, restorative practices, behavioral programming, social problem solving and affective teaching. Finally, the book outlines a number of specific recommended practices for managing students' social and emotional learning needs. These practices are presented as a cognitive-behavioral model of programming that includes a range of specific competencies, all clustered into a teacher's 4 bags of tools -- structure, climate, instruction and discipline. Being an alternative educator is not viewed in this text as an official job title. Alternative educator in the context of this document includes anyone who is always searching for different ways to work with difficult kids -- because that's the only way to help such students learn.

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Schank, Ellen Langer, 2013-06-17 It is not unusual for a festschrift to include offerings from several areas of study, but it is highly unusual for those areas to cross disciplinary lines. This book, in doing just that, is a testimony to Bob Abelson's impact on the disciplines of social psychology, artificial intelligence and cognitive science, and the applied areas of political psychology and decision-making. The contributors demonstrate that their association with Abelson, whether as students or colleagues, has resulted in an impressive intellectual cross-fertilization.

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guides the user through the identification of environmental improvement potentials in the product and the setting of environmental specifications with in the general concept of overall commercial optimization. The partnership between industry, authorities and university has been highly fruitful.

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research by leading scientists and policymakers around the world “At this point in time, the Drawdown book is exactly what is needed; a credible, conservative solution-by-solution narrative that we can do it. Reading it is an effective inoculation against the widespread perception of doom that humanity cannot and will not solve the climate crisis. Reported by-effects include increased determination and a sense of grounded hope.” —Per Espen Stoknes, Author, *What We Think About When We Try Not To Think About Global Warming* “There’s been no real way for ordinary people to get an understanding of what they can do and what impact it can have. There remains no single, comprehensive, reliable compendium of carbon-reduction solutions across sectors. At least until now. . . . The public is hungry for this kind of practical wisdom.” —David Roberts, *Vox* “This is the ideal environmental sciences textbook—only it is too interesting and inspiring to be called a textbook.” —Peter Kareiva, Director of the Institute of the Environment and Sustainability, UCLA In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and practices are described here—some are well known; some you may have never heard of. They range from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air. The solutions exist, are economically viable, and communities throughout the world are currently enacting them with skill and determination. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth’s warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline. These measures promise cascading benefits to human health, security, prosperity, and well-being—giving us every reason to see this planetary crisis as an opportunity to create a just and livable world.

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