Giant Papillary Conjunctivitis (GPC)

Your eyes are having a reaction caused by overwear/overuse of the contact lenses.
Factors that precipitate this include:

1. Wearing your contact lenses for long periods of time
2. Sleeping with your contact lenses on
3. Using a pair of contact lenses beyond the recommended period of time (i.e., Wearing 2 week disposables beyond 2 weeks)
4. Poor hygiene in handling your contact lenses.

In order to treat this condition, you should do the following:

1. Stop wearing your contact lenses for 3-4wks to give the inflammation time to subside
2. Use Zaditor or Ketotifen (both OTC) drops 2 times a day for 1-2wks; Depending on the severity of the inflammation, another eye drop may be prescribed.
3. Use preservative free artificial tears (OTC) 4-6x/day to help relieve irritation.

When you start using your contacts again, you should:

1. Start with a new pair and case
2. Initially only wear them for short periods of time to make sure your eyes can tolerate them
3. Use a peroxide based cleaner every night (lenses soak in a cage with a bubbly solution overnight)
4. Open a new pair every 2 weeks if that is the recommended period of wear of the contact lens.

If you continue to have problems with contact lens tolerance, you should follow up with your Optometrist to see if different contact lenses may be needed.