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Abstract

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Review Study of 55 Contact Lens Patients at Pacific
University College of Optometry.

by

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Abbas Azimi K.

A Thesis submitted to the Pacific University College
of Optometry in partial fulfillment of requirements,
for the degree of DOCTOR OF OPTOMETRY.

Advisor: James Peterson, O.D.

May 1988

Approved James Peterson, O.D.

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INTRODUCTION:

Summer 1987 provided an opportunity for me to complete my clinical knowledge about the fitting and problems involved with contact lens patients. A study was done with 55 contact lens patients at Pacific University College of Optometry for the length of three months.

OBSERVATIONS:

The following aspects were reviewed:

1. contact lens physical, physiological screening data.
2. patient's diagnostic lenses.
3. patient's lens specifications.
4. patient's lens dispensing evaluations.
5. patient's progress evaluation.
6. patient's problems and treatment of each problem.

RESULTS AND CONCLUSIONS:

- A. Eight patients had contact lens intolerance with the following symptoms: dryness, itching, irritation, foreign body sensation.

The etiologies were as follows: lens contamination, deposits, severe scratches, cracks, inverted lens, warpage, sinking lenses.

TREATMENT:

- replace with new contact lens
- blend
- smooth edges
- changing the solutions
- rewetting
- refitting
- change the contact lens material

B. One patient with a minor corneal abrasion, but not severe.

Etiology: old, flat lens.

Treatment: refitting the c.L.

C. One patient with corneal scars after an attack of Herpes Zoster Ophthalmicus which had healed, cornea irregularity and subepithelial infiltration.

Etiology: cornea lesion.

Treatment: photodocumented and patient advised to return at the convenient time for further evaluations.

- D. Four patients with neovascularization of the cornea epithelial and anterior stromal layer. (depth 1)

Etiology: improperly fitted old contact lens

Treatment: refitting the contact lens.

- E. Two patients with follicles of lymphoid hyperphasia at the superior and inferior palpebral conjuction. (grade 1)

Etiology: not due to contact lens wear.

Treatment: not very serious, no treatment.

- F. Two patients with pinguecula, but not large enough to irritate the limbus.

Etiology: unknown.

Treatment: recommended soft contact lenses.

- G. One patient with cornea stippling at the inferior portion.

Etiology: dirty contact lens.

Treatment: cleaning the lens thoroughly.

- I. Two patients with Giant Papillary Conjunctivitis, a minimal increase in mucous secretion along with mild itching. In both patients symptomatology were elicited only by questioning. (grade 1)

Etiology: due to contact lens wear.

Treatment: not too much consideration at this moment.

- J. Two patients with conjunctival injection indicated by using parallelepiped and indirect focal illumination at temporal, inferior, nasal, and superior bulbar conjunctiva (grade 1).

Etiology: probably longterm contact lens wearing.

Treatment: refit and change the cleaning system and disinfection solution.

- L. Two patients with 3-9 and arc stain.

Etiology: sharp inside edge of the contact lenses.

Treatment: smooth edges and blend adequately.

M. One patient with cornea dryness associated with meibomian gland dysfunction that caused mechanical obstruction of meibomian glands by keratotic plugs.

Etiology: meibomian gland dysfunction.

Treatment: The best treatment was accomplished by multiple professional expressions of the meibomian gland at appropriate intervals, also home therapy consisting of hot compresses and scrubs of the lid margins.

O. Twenty-nine patients were examined just for routine examinations.