

# CONSIDERING CONTACT LENSES

FOR CHILDREN  
AND TEENAGERS



ACUVUE®



EYE HEALTH  
ADVISOR®

# CHILDREN, TEENAGERS & CONTACT LENSES

**The need for vision correction affects nearly half of the world's population<sup>1</sup>. It can occur at an early age. Both glasses and contact lenses are an option for children, teenagers and adults who need vision correction. Through a comprehensive eye examination, an Eye Care Professional can help you determine the best choice, regardless of age.**

This brochure will **compare contact lenses and glasses**, and will **explain some of the different contact lens options** available for your child. **Frequently asked questions** on the subject of contact lens wear in childhood and adolescence will be answered, and **the safe and comfortable use of contact lenses** by young patients will be demonstrated. But remember, the final choice of vision correction for you and your family should always be made alongside your Eye Care Professional.

## Are children good candidates for contact lenses?

**Children are excellent candidates for contact lens wear.** Many can be highly active, and **glasses are not convenient** for many recreational activities.

Besides children can be incredibly motivated and are often extremely good at listening to their Eye Care Professional. Most children are capable of caring for their own lenses, either with or without supervision, and will benefit greatly from contact lens wear. Both children and teens find contact lenses a more convenient mode of correction, and **younger children are just as skillful as teenagers at handling and wearing contact lenses.**



# WHAT ARE THE ADVANTAGES

## OF CHILDREN WEARING CONTACT LENSES?

There are many reasons why children of all ages can benefit from wearing contact lenses. Children and young adults tend to have active lifestyles. They play around, take part in sports, and generally move a lot more than adults do.

Contact lenses can be used during these activities **without the need to take them out**. In addition, **they do not limit peripheral vision** as glasses do. Besides the obvious vision benefits, contact lenses **can have a psychological impact resulting in increased self-confidence compared to wearing glasses.**<sup>2</sup>

A study showed that, overall, both children and teens were **more satisfied with wearing contact lenses** than they were with wearing glasses.<sup>2</sup> Children may be more likely to wear their vision correction, and more likely to participate in activities, when they don't have to worry about losing, damaging or breaking glasses.

Additionally, one study showed that **children who wore contact lenses felt better about their physical appearance, acceptance among friends, and ability to play sports than children who wore glasses.** Those children who disliked wearing glasses also felt more confident about their schoolwork when they began wearing contact lenses.<sup>3</sup>





## What is the best age to start wearing contact lenses?

If a child is mature enough to understand the hygiene issues associated with contact lens care and any risks incurred with poor compliance, then he or she can be considered a good contact lens candidate. Children of all ages can wear contact lenses successfully if the correct procedures are followed.

**Parental support** is a key factor in deciding whether a child is suitable for contact lenses. **Motivation** is also a key factor in determining the right time to start with contact lens wear. Children can be often motivated by **appearance** and by their **desire to play sports without the inconvenience of wearing glasses**.

Assessing these factors enables the most appropriate judgment on whether someone is ready for contact lens wear.

## What if the correction need of my child is still developing?

**Although the eye tends to stop growing in mid-teens, many myopes (the short-sighted) in particular, find their vision continuing to change into their late teens and early twenties.**

Waiting until vision or the eye's shape changes have stabilised is not needed. A new prescription can be provided at regular 6 monthly or annual check-ups – disposable contact lenses make this process very simple.

Studies have shown that when fitting children with contact lenses, there are no significant differences in the eye's shape or size compared with adults and hence fitting would not be limited as a result of lens parameter availability.<sup>4</sup>

**Research also confirms that neither contact lenses nor glasses have an influence on how visual acuity develops when the correction is optimal.<sup>5</sup>**

Not using vision correction in hopes that refractive errors would not progress is a myth and the refractive error may even progress more without full correction.

## Is wearing and caring for contact lenses time consuming?

**There is the option of a more convenient contact lens wear method – daily disposable contact lenses. With these, the child wears a fresh pair of lenses every day and the lenses are simply thrown away at the end of the day. You do not need to worry about cleaning the lenses at all.**

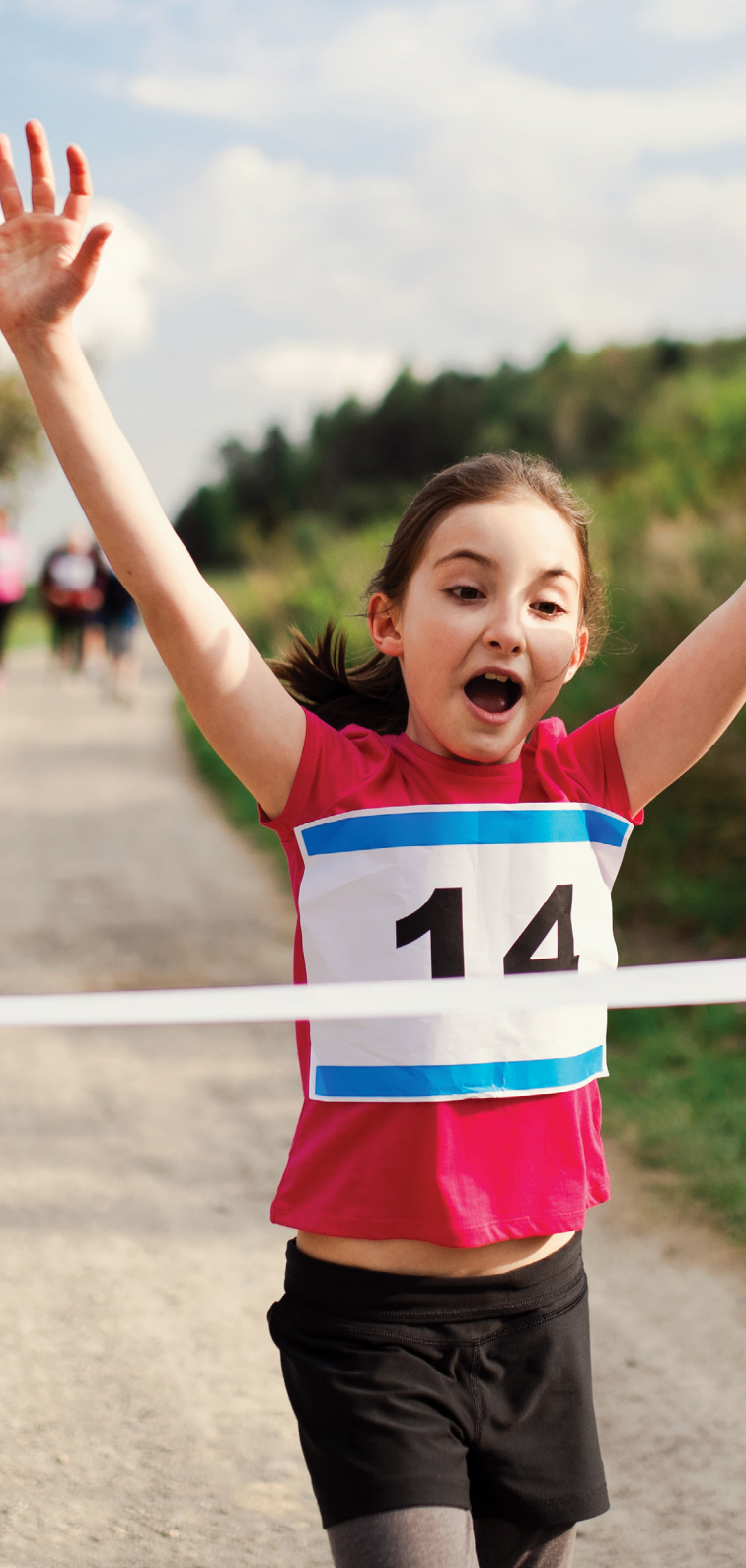
Also, the cleaning of reusable lenses is no longer a big hassle, thanks to simplified, multipurpose cleansing solutions, which make lens care and maintenance much easier than in the past. The exact amount of time required for lens care depends on the type of lens care regimen recommended. In any case, contact lens care nowadays is very simple and quick, and it does not consume too much time.

## Are children compliant with proper contact lens use?

**Children will be taught by their Eye Care Professional how to use and care for their contact lenses.** Young children should, nonetheless, be supervised by parents who are obviously keen to ensure that any risks associated with contact lens wear are kept to a minimum.

**Children are very adaptable and once good habits have been established, they are often retained into adulthood.** Education and reeducation of children and parents is vital to reinforce compliance. Some children can use part-time contact lenses for example when they are performing sports activities. In this case, daily disposables would be a better option for them.





## Children's eyes and oxygen

**Children's eyes require the same amount of oxygen as adult's eyes because the corneal physiology is similar.**

Modern, soft contact lenses provide sufficient oxygen to the eye for daily wear. Following the recommended wearing schedules will ensure that enough oxygen reaches the eye. Ask your Eye Care Professional for the best option for your child regarding the materials and modality of contact lenses.

## Do children need UV protection for their eyes?

**Children have larger pupils and clearer lenses compared to adults, meaning UV rays can easily reach and damage the delicate retina. In addition, children spend a lot of their leisure time playing outdoors.**

Most parents are aware of the critical need to protect their children's skin from UV exposure with sun block but parents are often less aware of the need to protect their children's eyes from UV rays. For outdoor activities, **UV-absorbing contact lenses\* are ideal**, as they provide help to protect the eyes from the transmission of harmful UV-rays, although they are not substitutes for UV-absorbing eyewear such as UV-absorbing goggles or sunglasses.<sup>6,7</sup>

ACUVUE® Brand Soft Contact Lenses are the only major brand which block more than 97% UVB and 82% UVA rays as standard.<sup>7</sup>

## What type of contact lenses should be used?

**There are currently many different lens types on the market, and there should be an appropriate one for the vast majority of children and teens who want to wear contact lenses.**

There are, of course, different advantages to each lens type. When deciding which option to choose, the features of each lens should be considered, along with the individual child's optical and lifestyle needs.

**The best choice for children with regard to material and modality is often a daily disposable contact lens.** Your Eye Care Professional can advise you and guide you on the most appropriate type of contact lens use.



## Are contact lenses expensive?

**Your Eye Care Professional can discuss quality of life and vision benefits with you, along with the costs associated with contact lenses.**

In fact, contact lenses are unlikely to cost a great deal more than some glasses – especially if the child has a tendency to break their glasses regularly.

**Contact lenses provide a number of benefits beyond simply correcting a child's vision.**

This should give parents greater confidence in allowing children to choose contact lens wear as an option of vision correction. Eye Care Professionals working with parents can choose from a wide variety of contact lens options, including lenses for astigmatism, frequent replacement or daily disposable contact lenses, to find the best fit for each child.





## SHARE THE KNOWLEDGE

If you have learned something by reading this leaflet, there's a good chance that a family member or a friend could also benefit, so spread the word to the people you care about, it's worth it!

**ACUVUE®**

### References:

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3. Walline JJ, Jones LA, Sinnott L, et al; the ACHIEVE Study Group. Randomized trial of the effect of contact lenswear on self-perception in children. *Optom Vis Sci* 2009;86(3): 222-232.
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7. JJV Data on File 2022: Master Brand Claims on Clinical Performance and Overall Material Properties for ACUVUE® Brand Soft Contact Lenses.
8. JJV Data on File 2022: Master Brand Claims on Clinical Performance and Overall Material Properties for ACUVUE® Brand Soft Contact Lenses.

\*All ACUVUE® Contact Lenses have Class 1 or Class 2 UV-blocking to help provide protection against transmission of harmful UV radiation to the cornea and into the eye. UV-absorbing contact lenses are NOT substitutes for protective UV-absorbing eyewear such as UV-absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. UV transmission measured with -1.00 lens.

ACUVUE® Contact Lenses can be used for vision correction. An Eye Care Professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and instructions on proper lens care. Do not wear contact lenses if you have an eye infection or experience other eye problems or if you are allergic to any ingredient. For more information, including warnings and precautions, read the Instructions for use available on the ACUVUE® website [acuvue.com/en-me/terms-of-use/](http://acuvue.com/en-me/terms-of-use/). If you experience eye discomfort or if any condition occurs, remove the lens and contact your Eye Care Professional immediately.

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For more information on proper wear, care and safety, talk to your Eye Care Professional and read the Instructions for Use available on the ACUVUE® website [www.acuvue.com/en-me](http://www.acuvue.com/en-me)

# ACUVUE®

ACUVUE® contact lenses are available for short-sighted, long-sighted, astigmatism and presbyopia (multifocal) vision needs.

Find out more at  
[www.acuvue.com/en-me](http://www.acuvue.com/en-me)

