

Eye Health and Your Pregnancy

1. Your vision may change during pregnancy. This could mean that your glasses or contact lenses don't work as well. For this reason, refractive surgery is not recommended during pregnancy. Your vision should return to normal after pregnancy.
2. Be prepared to use your glasses more often. In addition to vision changes, the shape of your cornea often changes during pregnancy, making your contact lenses not fit as well. A good pair of glasses will come in handy for those middle-of-the-night feedings.
3. Remember to take out your contacts before you go to sleep. Although pregnancy can be an exhausting, it is more important now than ever to take good care of your eyes. Sleeping with your contacts on can increase the risk of eye discomfort and infection.
4. Tell your ophthalmologist about any medications you are using. He or she will discuss with you and your obstetrician whether you need to continue to use eye medications during pregnancy. Most ophthalmologists aim for minimum use – if any use- of drugs during pregnancy.
5. If your ophthalmologist decides you must continue to use certain eye medications, he or she will teach you a way to keep the medicine only in the eye and minimize the amount of medicine that reaches that rest of your body.
6. If you are nursing once the baby is born, your ophthalmologist may continue to monitor what medicines you use.
7. For more information about medication use during pregnancy, visit the following Website from the **U. S. Department of Health and Human Services**:
www.womenshealth.gov/faq/pregnancy-medicines.cfm