

Ask The Doctor • OPHTHALMOLOGY



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Is it okay to swim with my eyes open under water?



Your eyes typically feel irritated after opening them underwater from the chemicals in pools, and salt in the ocean. In general this is irritating to the eyes, but causes no permanent damage. Wearing goggles will alleviate the irritation, and allow you to enjoy swimming longer. There are some microorganisms that can affect contact lens wearers, and cause serious infections however. This is why contact lenses should never be worn while swimming. Prescription goggles, and swim masks are available for those with strong prescriptions.

*From the
experts at*

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