Prevent Blindness
Our Vision Is Vision.

Pregnancy and Your Vision



Pregnancy brings an increase in hormones that may cause changes in vision. In most cases, these are temporary eye conditions that will return to normal after delivery. It's important for expectant mothers to be aware of vision changes during pregnancy and know what symptoms indicate a serious problem.

Refractive Changes

During pregnancy, changes in hormone levels can alter the strength you need in your eyeglasses or contact lenses. Though this is is usually nothing to worry about, it's a good idea to discuss any vision changes with an eye doctor who can help you decide whether or not to change your prescription. The doctor may simply tell you to wait a few weeks after delivery before making a change in your prescription.

Dry Eyes

Some women experience dry eyes during pregnancy. This is usually temporary and goes away after delivery. The good news is that lubricating or rewetting eye drops are perfectly safe to use while you are pregnant or nursing. They can lessen the discomfort of dry eyes. It's also good to know that contact lenses, contact lens solutions and enzymatic cleaners are safe to use while you are pregnant. To reduce the irritation caused by a combination of dry eyes and contact lenses, try cleaning your contact lenses with an enzymatic cleaner more often. If dry, irritated eyes make wearing contacts too uncomfortable, don't worry. Your eyes will return to normal within a few weeks after delivery.

Puffy Eyelids

Puffiness around the eyes is another common side effect of certain hormonal changes women may have while pregnant. Puffy eyelids may interfere with side vision. As a rule of thumb, don't skimp on your water intake and stick to a moderate diet, low in sodium and caffeine. These healthy habits can help limit water retention and boost your overall comfort.

For more information, visit us on the web at: PreventBlindness.org

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Pregnancy and Your Vision— *(continued)*



Migraine Headaches

Migraine headaches linked to hormonal changes are very common among pregnant women. In some cases, painful migraine headaches make eyes feel more sensitive to light. If you are pregnant and suffering from migraines, be sure to talk to your doctor before taking any prescription or non-prescription migraine headache medications.

Prenatal care helps keep both you and your unborn child healthy. Be sure to tell your doctor if you are having any problems. Keep your eye doctor up-to-date about your overall health. Tell him or her about any pre-existing conditions, and about any prescription and non-prescription medications you are taking.

Diabetes

Women who are diabetic before their pregnancy and those who develop gestational diabetes need to watch their vision closely. Blurred vision in such cases may indicate elevated blood sugar levels.

High Blood Pressure

In some cases, a woman may have blurry vision or spots in front of her eyes while pregnant. These symptoms can be caused by an increase in blood pressure during pregnancy. At excessive levels, high blood pressure can even cause retinal detachment.

Glaucoma

Women being treated for glaucoma should tell their eye doctor right away if they are pregnant or intend to become pregnant. While many glaucoma medications are safe to take during pregnancy, certain glaucoma medications such as carbonic anhydrase inhibitors can be harmful to the developing baby.