

Keratoconus



Information about Keratoconus



Easy Read Factsheet

Our eyes need to be healthy for us to see well

This factsheet is about an eye problem called keratoconus

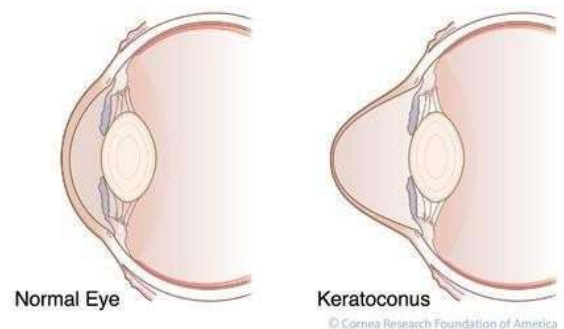


Keratoconus affects the front of the eye

The front part of your eye is called the cornea



If you have keratoconus your cornea slowly changes shape. This may make your sight get worse



Some people with Down's syndrome can also have keratoconus. Everyone who has keratoconus is different. Keratoconus may happen quickly or very slowly



Having an eye test every 2 years is important



The optician will check whether you have keratoconus



What is it like having keratoconus?

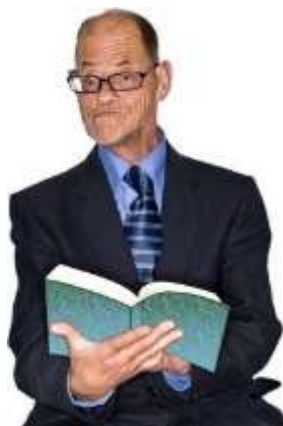
You may not be able to see clearly.
You may not be able to see faces clearly



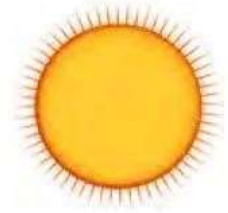
You may not be able to see pictures or other things clearly



Reading and watching TV may also become difficult



Bright lights and the sun may hurt your eyes



You might need to wear a cap or dark glasses, even in winter!



Your eyes might get very tired Your eye may be itchy



Try not to rub or poke your eye as it might harm your eye

Treatments

You will need to go to the eye clinic to have your eyes checked



Many people wear glasses at first



Contact lenses

If you have keratoconus, you may need to wear contact lenses instead of glasses

The contact lenses help to keep the cornea in shape



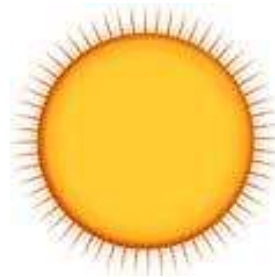
The eye clinic will show you how to put your contact lenses on your eye correctly



At first, you wear your contact lenses for a short time each day. This will help you get used to wearing them



Sometimes when wearing contact lenses you can be sensitive to the sunlight



You can wear sunglasses as well as your contact lenses



Contact lenses may make your eyes feel itchy

Try not to rub your eyes



You will need to keep your contact lenses clean. You can buy special fluid for this. The optician can tell you which cleaning fluid you need. You can buy the cleaning fluid from the optician or from the chemist. The chemist is also known as a Pharmacy



Keep your hands clean when using contact lenses
This will reduce the chance of an eye infection



An eye infection can make your eyes feel sore or itchy. If you have itchy or sore eyes, see your GP



Eye operations

If glasses and contact lenses don't help, you may need to have an eye operation



Your eye doctor will tell you what type of eye operation is best for you



We have a factsheet with more information about keratoconus



You can choose whether to have an operation on your eye
Our [Eye Surgery Support Plan](#) will help you to do this



These documents are on our website
Go to www.seeability.org/sharing-knowledge

Based on a design by The Clear Communication People Ltd,
email: mike@communicationpeople.co.uk.



www.seeability.org

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