The Effect of Various Contact Lenses on Intraocular Pressure Measurement by Goldman Tonometer

Monireh Mahjoob,1 Abbas Azimi,2 Hamed Momeni-Moghadam,1 Mohammad Mohamadian,3 Reza Yousofi3

1. Department of Optometry, Zahedan University of Medical Sciences, Health Promotion Center, Zahedan, Iran
2. Department of Optometry, Mashhad University of Medical Sciences, Mashhad, Iran
3. MSPH Student of Rehabilitation Management, Tehran University of Medical Sciences, Tehran, Iran

Background: Today, contact lenses have extensive usages. Contact lens places on cornea, so it may induce variation on cornea and these variations can influence the measurement of intraocular pressure (IOP) by Goldman tonometer. The aim of this research was to study the effect of various contact lenses on measurement of intraocular pressure by Goldman tonometer.

Materials and Methods: In this study, 80 subjects aged 18-25 were selected randomly among patients of Al-Zahra ophthalmology center. None of them has any eye pathological problems. Before wearing the lens, intraocular pressure was measured, and then patients were divided into two groups of soft and hard contact lenses. Soft and hard contact lenses were placed on the eye for two hours, and the intraocular pressure was measured again.

Results: The mean of IOP before wearing contact lenses and two hours later was 15.96 ± 3.33 mmHg and 13.93, s respectively. Paired test showed a significant difference between IOP before and after wearing contact lenses (p=0.001). There was no significant differences in mean of intraocular pressure decline before and after placing the contact lens in both soft and hard lenses.

Conclusion: According to this study, the intraocular pressure decreases after wearing contact lenses (CL). This decline may be due to variation in properties of cornea after wearing CL that can also affect IOP measurement.
intraocular pressure changes measured by Goldman tonometer. If corneal biomechanical features remain constant but its thickness changes, it causes measurement error of about 2-3 mmHg in intraocular pressure, but changes in corneal biomechanical properties alone, can cause measurement error of 17 mm Hg form real intraocular pressure [17-18]. Considering the importance of careful measurement of intraocular pressure and the effect of contact lenses on corneal parameters, this study was aimed to evaluate the effects of contact lenses on intraocular pressures evaluated by Goldman tonometer.

Materials and Methods

In this interventional study, 80 patients with an average age of 21.49±3.73 years were selected using simple non-probability method from those who referred to Al-Zahra ophthalmology center in Zahedan in order to receive contact lenses. Selected patients lacked eye diseases such as glaucoma, inflammation of the cornea and conjunctiva, and were allowed to participate in study if they were medically competent to receive contact lenses. Then, curvature radius of the anterior corneal surface was measured as well as checking lacrimal system and doing slit lamp examinations. Prior to wearing the contact lenses, intraocular pressure was measured with Goldman tonometer. Measurements of IOP were performed under topical anesthesia (amethocaine hydrochloride 2%) and with the use of fluorescein staining.

The tonometer tip was cleaned with dry cotton followed by swabbing the tips thoroughly with an alcohol prep pad and allowing it to dry for 10 minutes to reduce the risk of cross-infection. Then tonometer tip was slightly put in contact with cornea and when seeing upper and lower semicircular in the correct position, recorded number was noted as intraocular pressure before putting contact lenses. Next, patients were divided into two groups. Patients competent to receive soft contact lenses were given air optix CIBA vision with 14.2 diameters and curvature radius of 8.6 and 110 DK. The second group received RGP lens. After two hours wearing of contact lenses intraocular pressure was measured without contact lenses immediately. Data were entered SPSS. 13 and were analyzed using \( t \)-test and paired \( t \)-test with 95% confidence interval.

Results

In this study, 80 patients (44 females and 36 males) aged 18-25 were participated. Patients were divided into two groups. First group (40 patients) was given RGP, and the second (40 patients) was given soft contact lens. Table 1 shows average intraocular pressure before and after wearing contact lens. Paired \( t \)-test showed significant difference between intraocular pressure before and after wearing contact lens \( p=0.001 \), moreover, it indicated a significant difference between intraocular pressure before and after wearing soft contact lenses and also for hard contact lenses \( p=0.001 \) for both groups. Also, independent \( t \)-test found no significant differences between intraocular pressure before wearing contact lenses in soft and hard contact lenses wearer groups. Furthermore, based on this test, there wasn't significant difference between intraocular pressures after wearing contact lenses in 2 groups of contact lenses wearers. The mean decrease in intraocular pressure in soft and hard contact lenses wearers was measured 1.8±1.32 and 1.72±2.05 mm Hg, respectively after wearing contact lens. Moreover, independent \( t \)-test did not show any significant difference between intraocular pressure reductions with wearing contact lenses for both groups.

| Table 1. Intraocular pressure mean before and after using contact lens |
|------------------------|------------------------|------------------------|
|                        | Before                  | After                  | \( p \)-Value |
| Soft contact lens       | 15.95±2.09              | 14.15±1.95             | 0.001        |
| Hard contact lens       | 15.44±2.02              | 13.71±2.79             | 0.001        |
| Both lenses             | 15.96±2.06              | 13.93±2.40             | 0.001        |

Discussion

According to the results of this study, the mean of intraocular pressure was 15.96 mmHg before wearing contact lens, but it decreased to 13.93 two hours after wearing contact lens. This decrease was also found by Oh et al. In a study on 20 normal subjects, they concluded that wearing soft contact lens for two hours can increase corneal thickness as well as 0.43±1.95 decrease in intraocular pressure [19]. Furthermore, Hamilton et al. conducted a study on 25 young patients. They used two kinds of soft lenses having 0.7 and 0.3 mm thickness for two hours. Their results indicated an increase in corneal thickness after wearing contact lens. This increase was clearly significant in 0.3 mm rather than 0.7 [13]. In another study carried out with Hamilton, he found an increase in intraocular pressure while measuring it with Goldman tonometer, but it decreases when measuring with Pascal DCT [20].

These results clarify the importance of the difference in intraocular pressure measurement with contact lens should be considered in clinical area. Contact lenses can affect tonometer results due to changes in corneal parameters such as changes in corneal hydration. The effect of these changes on intraocular pressure is dependent on type of tonometer, lens-induced edema, type of contact lens and changes in biomechanical properties of cornea [18].

On the other hand, researchers have found paradoxical results regarding the relationship between corneal thicknesses with tonometer results so that in corneas with increased central thickness due to increase in corneal hydration, sometimes tonometer results showed decrease in intraocular pressure [22, 23].

Therefore, it is proposed to use different tonometer for evaluating the effects of contact lenses as well as measuring corneal thickness, hydration and biomechanical properties of cornea before and after wearing contact lens. Also it is recommended testing both lenses on one subject in order to keep cornea and tear-related factors constant.
Acknowledgements
This article is resulted from a research project supported by student committee of Zahedan University of medical sciences with 1081 code. The project was done by Mohammad Mohammadian, Reza Yousefi and Monireh Mahjoub, and was financially supported by student committee of school of allied health at Zahedan University.

Authors’ Contributions
All authors had equal role in design, work, statistical analysis and manuscript writing.

Conflict of Interest
The authors declare no conflict of interest.

Funding/Support
Zahedan university of Medical Sciences.

References