

Keratoconus



Keratoconus is a problem with your eyes

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Easy read factsheet

Our eyes need to be healthy for us to see well

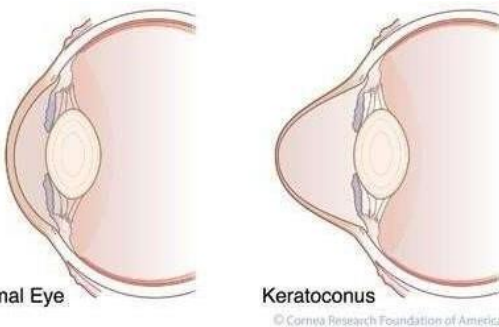


This factsheet is about an eye problem called keratoconus



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 eyesight get worse



People with Down's syndrome are more likely to have keratoconus.

Keratoconus may happen quickly or very slowly

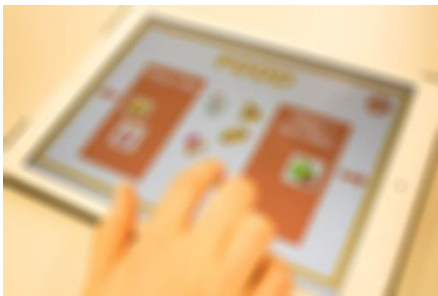


Having an eye test every 2 years is important



Opticians test your eyes. They are also called optometrists. We call them opticians in this factsheet

The optician will check whether you have keratoconus



What is it like having keratoconus?

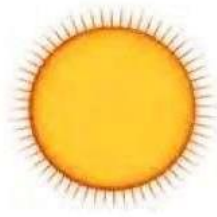
You may not be able to see things clearly



This could be things like looking at a screen, someone's face



Reading and watching TV may also become difficult



Bright lights and the sun may hurt your eyes



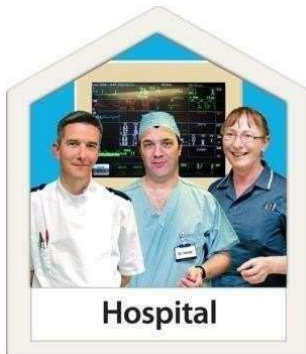
You might need to wear a cap or dark glasses, even in winter!



Your eyes might get very tired
Your eyes 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 hospital eye clinic to have your eyes checked. It is important that you get the treatment you need quickly



Many people wear glasses at first

Contact lenses

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



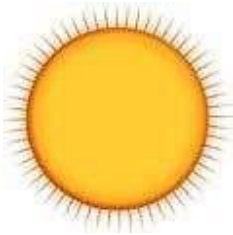
The contact lenses help to keep the cornea in shape



The hospital 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 might find it very bright



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

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



Wash your hands before and after using contact lenses
This will make the chance of an eye infection less likely



An eye infection can make your eyes feel sore or itchy



If you have itchy or sore eyes, see your GP or optician



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



If your eye doctor says you need an operation for keratoconus, you can choose if you want this. Our Eye Surgery Support Plan will help you to choose.

Download a copy at:

www.seeability.org/eye-surgery-support-plan

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