

Introduction

Soft contact lenses become commonly used nowadays not only as a modalities to obtain better vision in certain optical problems (like anisometropia and unilateral aphakia), but also for cosmetic fitting instead of glasses . With the increased use of these lenses , their adverse effects started to appear.

As the soft contact lenses are prosthetic devices that rest on the eye , a spectrum of papillary changes on the upper tarsal conjunctiva is known to occur in relation to their wearing . These papillary changes are associated with excess mucus , itching , blurring of vision and contact lens intolerance . The symptoms are variable from just minor discomfort to inability to lens wear .

The histological changes of the conjunctiva in relation to contact lens induced papillae were little investigated before . There is a pathologic transition in the conjunctival epithelium from non-keratinized epithelium with goblet cells into keratinized epithelium with goblet cell loss , a condition known as : squamous metaplasia .

Conjunctival impression cytology is a method used recently to obtain a superficial conjunctival biopsy instead of exfoliative cytology and excisional biopsy used previously.

This method allow evaluation of goblet cell density and the changes occurring in non-goblet epithelial cells in the process of squamous metaplasia .