



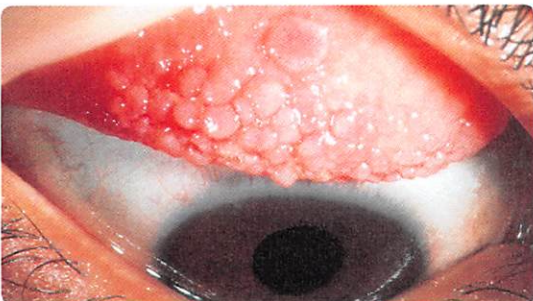
## Giant Papillary Conjunctivitis (GPC)

### What is giant papillary conjunctivitis?

Giant papillary conjunctivitis (GPC) is when the inside of your eyelid gets red, swollen, and irritated. Without GPC, the inside of your eyelid is very smooth.

People who wear contact lenses (especially soft lenses) have the greatest chance of getting GPC. GPC can happen at any time, even after wearing contacts for many years.

People who do not wear contact lenses can also get GPC. But this is rare, mostly affecting those who have an artificial eye or stitches.



In giant papillary conjunctivitis, large bumps appear on the underside of the eyelid.

### What causes GPC?

GPC seems to be caused by the following:

- An allergy, either to contact lenses or the chemicals used to clean them. Contact lens wearers with asthma, hay fever, or other allergies are more likely to get GPC.
- A contact lens, artificial eye, or exposed stitches rubbing against the eyelid
- Deposits of proteins or other substances on the contact lenses
- Chronic eye allergies

### What are symptoms of GPC?

At first, the inside of your eyelid gets rough, red, and swollen. Later, you may get bumps—called papillae—that could grow to the size of a pimple.

Other GPC symptoms include:

- Feeling like something is stuck in your eye
- Red, painful, itchy eyes
- Swollen or droopy eyelids
- Excess mucus in the eye, which makes vision blurry
- Feeling like your contact lens is moving up on your eyeball when you blink.

You can get GPC more than once. See your ophthalmologist right away if you notice that GPC symptoms return. Your eye doctor may suggest you not wear contact lenses if GPC keeps coming back.

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### How is GPC treated?

You need to take care of GPC right away. If not, it can cause serious damage to your eyelid and to your cornea. The cornea is the clear, front window of your eye. If the cornea is damaged, you cannot see properly.

Here are treatment options for GPC:

- Avoid wearing contact lenses for a few weeks. This gives the inside of your eye time to heal.
- Limit the amount of time you wear contact lenses each day.
- Use eyedrop medicine or ointment prescribed by your ophthalmologist to reduce itching and swelling.
- Change the type of contact lenses you wear.
- Avoid lens solutions with preservatives. Switch to unpreserved salt solutions.

Your ophthalmologist will discuss treatment options for you based on your condition.

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### Summary

Giant papillary conjunctivitis (GPC) is when the inside of your eyelid gets red, swollen, and irritated. This is usually caused by contact lenses.

Treatment may include avoiding wearing contact lenses, trying a new type of lens, or limiting how much time you wear contacts each day. You may also be prescribed eyedrop medicine or ointment to relieve swelling and itching from GPC.

If you have any questions about your eyes or your vision, speak with your ophthalmologist. He or she is committed to protecting your sight.

Get more information about eye health from EyeSmart—provided by the American Academy of Ophthalmology—at [aao.org/eyesmart](http://aao.org/eyesmart).

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