**Smoking, Vaping and Your Eyes: Template Facebook practice posts:**

* [Dr. Name/Practice Name] urges consumers not to use tobacco, as smoking can cause harm to eye health. [link here]
* “Smoke is a major eye irritant, particularly for those who wear contact lenses,” said [Dr. Name]. “If you smoke and wear contact lenses, the tar and nicotine that deposits on your fingers can contaminate your contacts when you handle your lenses.” [link here]
* Did you know? Individuals who use tobacco are more likely to develop eye diseases such as cataracts and macular degeneration. [link here]
* There is no safe way to use tobacco. With smokeless tobacco there is a greater risk of developing gum disease, mouth cancer, and staining your teeth. [link here]
* While there may be some debate on the safety of e-cigs and vaping, they contain nicotine, which is highly addictive. [link here]
* If you smoke and wear contact lenses, always wash and dry your hands before handling your lenses. [link here]