

EYE CLINIC

Preventing Your Eyeglasses from Fogging Up While Wearing a Face Mask

Why do glasses fog up in the first place?

When warm air hits a cool surface, condensation can form. Just think about how your glasses fog up when you walk into a warm building after being out in the cold. The same thing happens with a mask. When your warm, moist breath escapes through the top of the mask, it hits the lenses of your glasses and causes them to fog up.

What can you do to prevent this from happening?



Place your glasses on top of your mask to minimize the amount of breath pushing through the top of the mask by limiting the gap between your face and the mask.

Still fogging?

Put a tissue inside the top of the mask: If you fold a tissue horizontally and put it between your face and the top of your mask—so it sits over the bridge of your nose—the moisture from your breath will be absorbed by the tissue instead of hitting your lenses.



Or try taping the top portion of the mask to your face, along the top of the nose and cheeks, to close the gap. Use medical tape, some people have sensitive skin.

There are some anti-fog spray solutions to apply on lenses on the market, but some are not recommended for Anti-Reflective and other coatings. Be sure to read the instructions on the bottle.

