

In the United States, a new procedure for changing eye color is gaining popularity. However, ophthalmologists are concerned that it could lead to negative health effects.

The rising popularity of cosmetic keratopigmentation has alarmed some ophthalmologists. Doctors argue that such a surgery is too risky to be widely available.

The cosmetic keratopigmentation procedure, like LASIK (laser keratomileusis in situ), is generally quick, painless, and easy to correct. However, it is significantly more expensive.

Many ophthalmologists note that existing studies on eye color change have small sample sizes and short observation periods. Therefore, little is currently known about the long-term effects of the procedure.

In January 2024, the American Academy of Ophthalmology (AAO) warned people that iris implantation and cosmetic keratopigmentation carry serious risks of complications and vision loss. Changing eye color can lead to inflammation or corneal damage. Corneal scarring can also occur due to infection. Additionally, dye may wash out from the channels, potentially affecting other eye structures.

Most ophthalmologists recommend people who wish to change their eye color try colored contact lenses. This is a cheaper option that carries minimal risk to vision if used correctly.