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TIPS FOR RIGID LENS CARE

1. Wash your hands thoroughly before handling your contact lenses. Use water-based soap (Ivory or Neutrogena). Non-water-based soaps can leave a residue on hands.
2. Handle lenses over a smooth and flat surface, not near an open drain.
3. Place the lens on the palm, concave side up, and put 1-2 drops of daily cleaner on the lens. Use finger, gently rub the concave side of the lens; the front surface of the lens is rubbed against the palm of the hand. Contact lenses are very fragile. Do not apply excess pressure on the edges or surfaces of the lens.
 - Cleaning loosens and removes debris and film that can cause irritation.
 - Rinsing with saline removes the debris and film.
 - Disinfecting kills germs that can cause eye infections.
 - Enzymes are used to remove deposits that daily cleaning solutions leave behind.
 - Discard used solutions daily, rinse storage case with warm tap water, rinse with saline and air dry.
4. Do not mix different brands of solutions. Be sure to use only FDA (US Food and Drug Administration) approved contact lens saline solutions.
5. Do not wet, rinse, or store your lenses under tap water. Tap water contains impurities that can harm the contact lens and may also contain organisms that could infect your eyes.
6. Place the lens for overnight storage in soaking (Disinfecting) solution. In the morning, rinse the lens with saline.
7. Fill the lens with wetting solution before reinserting on the eye. Wetting solutions increase wearing comfort by cushioning the cornea as the lens is inserted and by allowing tears to cover the lens evenly.
8. Many RGP lens wearers will need to enzyme treat their lenses. You will be told when to do this after you return for follow-up visits.
9. If lenses are uncomfortable after insertion, or if vision is blurred, check to see if:
 - Lens hasn't been cleaned properly or thoroughly rinsed.
 - Lens is nicked or a foreign particle is under the lens.If discomfort persists, or eye becomes red, remove lens and call our office.
10. Contact lenses must be in your eyes a minimum of 5 hours at follow-up visits. Routine follow-up helps to prevent problems. Do not skip these appointments.

NEVER SLEEP IN YOUR CONTACT LENSES

CONTACT LENS CARE AND INSTRUCTION POLICY

I have been given appropriate instructions in the handling and care of my contact lenses. I have been taught to insert and remove the lenses from my eyes. I have been taught the proper method for cleaning and disinfecting my lenses. I understand that should I develop any discomfort, redness, tearing, burning, itching, severe sensitivity to light, blurry, cloudy or decreased vision, I should remove my lenses immediately and call the office. I understand that if I explicitly follow these instructions, I reduce the risk of complications, but there is still a possibility of a complication occurring, even if instructions for lens care are followed properly.

Cleaning Solution:

Disinfecting Solution:

Rinsing Solution:

Rewetting Drops:

WEARING SCHEDULE AND FOLLOW-UP:

The lenses may be worn for four hours on the first day. Increase the wearing time by one hour each day until eight to ten hours per day is reached. Return to the office in one week for a follow-up evaluation of the fit. Contact lenses must be worn for all follow-up visits for a minimum of five hours prior to appointment time.

Patient/Guardian Signature _____

Dr. /Technician Signature _____