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TIPS ON CONTACT LENS WEAR

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. Do not apply excess pressure on the edges or surfaces of the lens. Contact lenses are fragile. They can tear easily from rough handling, long fingernails, or drying out. Be sure to use only FDA (US Food and Drug Administration) approved contact lens solutions.
4. When cleaning your soft lenses, rub lenses in a back-and-forth direction rather than a circular direction. This minimizes the potential of catching and tearing the thin edge of the lenses.

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.

Discard used solutions daily, rinse storage case with warm tap water, rinse with saline and air dry.

Do not mix different brands of solutions.

5. Do not wet, rinse or store your soft 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. If lenses are uncomfortable after insertion, or if vision is blurred, check to see if:
 - A. Lens is on the wrong eye;
 - B. Lens is inside out;
 - C. Lens hasn't been properly cleaned or thoroughly rinsed;
 - D. Lens is nicked or torn; and/or
 - E. A foreign particle is under the lens.If discomfort persists, or eye becomes red, remove lens and call our office.
7. Remove contact lenses before swimming and in the presence of noxious fumes. Lens material can absorb chemicals and bacteria from the swimming water and toxic vapors from the air.
8. If for any reason, you have not worn your lenses for a prolonged period of time, resume contact lens wear on a limited basis and then gradually increase the wearing time. Call our office first for advice.
9. NEVER SLEEP IN YOUR CONTACT LENSES!!
10. Do not skip visits for follow-up care. Early signs of a problem can be detected before they are seen or felt. Routine follow-up helps to prevent problems. To continue to receive replacements you will need to be seen at least yearly. Contact lenses must be in your eyes a minimum of 5 hours at follow-up visits.

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 _____