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Contact lens wear & handling instructions For New & refit contact lens wear

The proper care and handling of your contact lenses is necessary for successful contact lens wear. No matter which type of contact lenses you are wearing, the basics remain the same. The doctors and staff are always happy to answer any questions you may have, so please feel free to call us if you are encountering any difficulties or are unsure about what to do at any time. Additional contact lens classes can be scheduled should you need the time with us. **Contact our office immediately if you are experiencing pain, reduced vision or irritation.**

The Basics:

Be sure to wash your hands before handling the contacts -

The use of an anti-bacterial or oil/fragrance free soap is best - Be sure to thoroughly rinse and dry your hands.

Soap residue on your hands can cause irritation to your eyes when inserting contacts.

It is always easiest to insert or remove lenses if your fingers are dry but the contact lens is wet.

Set up a clean and safe area to work in -

Close the sink drain and rinse the sink of any residual soap.

Work in a clean area or place a clean towel where you will be working so that the contact lens falls on a clean surface if it is dropped.

New wearers should make sure they are in an area where they will not be disturbed in order to reduce distractions and/or stress while in the learning process.

Create a pattern for yourself -

Establishing a habitual way of working with your lenses will only make it faster and easier to get your lenses in your eyes and you on your way each morning or the contacts out at night.

Always insert and remove the same lens first each time as it helps you avoid mixing up your lenses. Most people always start with the right contact lens. Not everyone inserts and removes their lenses in the exactly same way. You must find the best way for you.

Sunglasses and other proper eye protection are always recommended to reduce glare or prevent dust or debris irritation.

Have a pair of eyeglasses with your current prescription to use when you are taking a break from your contacts.

Remove the contacts if you experience discomfort, itching or blurriness and call our office.

Showering, sauna or swimming with contacts is not recommended without goggles as they can wash out of your eyes.

Be cautious around chemicals, fumes, sprays and make-up to avoid eye irritation.

Do not use products that are not designed for use with contact lenses such as Visine.

Use the correct contact lens solution for your contact lens type.

Wear Schedules:

Always follow the wear schedule for your particular contact lenses as explained to you as over-wear can lead to problems.

Do not sleep in contact lenses which are not specifically designed for that wear.

Give yourself a break from your contact lenses whenever possible (1 day/week & 3 days in a row twice a year without contacts)

Inserting Lenses:

Pour the contact lens from the package or your storage case into your palm.

Place the contact lens on the tip of your index finger (most people use their dominant hand)

Using the middle finger of this hand, pull down on the lower lid.

Using the middle finger of your other hand, pull up on your upper lid.

You need to hold your eyelids firmly so that you cannot blink and the lids are out of the way of the contact lens insertion

Look up or directly at the contact lens and gently place the lens on the lower white of your eye

Release the contact and look downward allowing the lens to position itself on your eye.

Slowly release your eyelids and close your eye for a moment

Blink several times to allow the contact to center itself on your eye. This is especially important for settling in a toric or bi-focal contact lens.

Removing Lenses:

Make sure that your eyes are moist and your hands are dry for easiest removal of your contacts.

Rewetting the contacts with a rewetting drop, contact lens solution or saline for contacts may be necessary if they are dry.

Using either hand, pull down on the lower lid.

Place your dry finger on the center of the moist contact lens and slide the lens down to the lower white portion of your eye.

Gently take the lens between your thumb and index finger and remove it from your eye.

Place the contact lens in a clean and dry storage case (if not a one day disposable lens).

Be sure to cover the contact lens in the storage/cleaning solution.

Make sure that the contact lens is at the bottom of the case before replacing the top to avoid damage to the lens.

I have read the instructions and understand the necessity for the proper care and handling of my contact lenses. I understand that I must follow the wear schedule for my particular lenses as the over-wear of my contact lenses can lead to eye irritation or medical problems. If I do not properly follow the directions for my contact lens wear, I understand that I do so at my own risk.

Signed: _____ Date: _____ Contact Lens Tech: _____