



## DOs and DON'Ts FOR CONTACT LENS WEARERS

### DO

- Wash your hands before handling lenses, using soap without lanolin, moisturizers or deodorant.
- Keep fingernails short and smooth.
- Apply any eye make-up after inserting lenses.
- Check your lenses for damage or discoloration.
- Check solution expiration dates.
- Use only solutions that are approved for your lenses.
- Keep the caps on bottles of solution.
- Clean and disinfect your lenses after each wearing session.
- Be sure to RUB the lenses while cleaning.
- Empty the disinfecting solution from your lens case after each use.
- Clean you lens case with soap and water and let it air dry at least weekly.
- Replace lenses as directed.

### DON'T

- Switch or mix solutions without checking with the office
- Use any eye drops while wearing lenses unless approved by the doctor.
- Wear lenses in the presence of chemical fumes/vapors.
- Wear lenses when eyes are red, irritated, painful or when vision is blurry.
- Soak in hot tub or swim without protective goggles while wearing lenses.
- Sleep or nap in lenses if they have been exposed to contaminated water. Lenses should be removed and thoroughly disinfected. Replace if any doubt.

### In the Beginning it is Normal if:

- Your lenses itch or feel funny.
- One lens is more noticeable or sees better than the other.
- Your vision seems fuzzier than with glasses.
- You have trouble handling your lenses.

### Your Contact Lens Solutions:

Soft lenses:	Gas Permeable:
Clear Care	Boston
Pure Moist by Optifree	Optimum
Revitalens	Lobob Cleaner
CVS Extra Strength Cleaner	

### Wear Schedule:

4-6 hours the first day then add 2 or more hours per day as long as comfortable. Don't wear lenses more than 12 hours until your first CL check-up

### Replacement Schedule:

Daily    2 weeks    Monthly    Quarterly  
Replace lenses sooner if they are not performing as expected: blurry, dry, or uncomfortable. If you put in a new pair and they look/feel much better, you should be replacing your lenses *sooner!*

### Contact Lens Check Appt: \_\_\_\_\_

Be **sure** to come in wearing your contacts, preferably for at least 3-4 hours before your appointment. If you have lost or torn a lens, call and make arrangements to get another lens before your appointment. Also bring your glasses to your CL check.

### WARNING:

**Remove your lenses at the first sign of pain, redness, irritation or change in vision. If it doesn't improve, call the office. If in doubt, take them out!**

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