



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 your 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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