



## ***Congratulations on your new contacts!***

***You are going to love the more natural vision, comfort,  
and convenience that your new contacts provide.***



It is our pleasure to provide you with the best in vision care. To ensure your success, we have provided this important information for you. If you have any questions, please don't hesitate to call our office.

### ***Important Reminders as You Get Started:***

- 💧 Wash and dry your hands prior to handling your contact lenses.
- 💧 Use a mild, fragrance free soap.
- 💧 Dry your hands on a clean, lint free towel.
- 💧 Always begin with the same contact lens when handling your lenses to avoid mix-ups.
- 💧 Inspect the contact lens for nicks, tears, or obvious damage. If the lens is damaged, it should be discarded and replaced!
- 💧 For soft contact lens wearers, be certain that the lens is right side out before applying.
- 💧 Do not swim or hot tub in your contact lenses. Bacteria in the water can get trapped between the lens and the front surface of your eye. This can cause infections along with numerous other complications.



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## Caring for your Contact Lenses

Because we know that you are going to love wearing your contact lenses, here are some basic tips for keeping your eyes safe and comfortable:

- 💧 Only use doctor prescribed solutions. Not all solutions work with all lenses. Never use tap water.
- 💧 Never "top off" or reuse solutions. Always store your lenses in fresh solution!
- 💧 When cleaning your lenses, pour a small puddle (approximately 10 drops) in the palm of your hand, and gently rub the lens in a plus (+) fashion for about 10 seconds on each side. Then rinse the lens with fresh solution before storing.
- 💧 Soak lenses overnight in the case for full hydration. Each solution is different, so make sure to check the recommended soaking time for your prescribed solution.
- 💧 After removing your lenses from the case, pour out any remaining solution. Rinse the case with fresh solution and let it air dry while wearing your lenses.
- 💧 Once a week, wash the lens case in the utensil basket of a dishwasher. Replace your lens case monthly.
- 💧 Do not use multi-purpose solution directly in your eyes. Multi-purpose solutions are used for disinfecting purposes only and can be harmful if placed directly in the eye.
- 💧 Your doctor recommends OPTIVE® as a rewetting drop for your lenses.

## Your Contact Lens Information

**Brand:** \_\_\_\_\_

**Replace:**      daily / two weeks / monthly / quarterly / 6 months / yearly  
*A good reminder for monthly lenses is to dispose of them on the first Sunday of each month.*

**Prescribed Wearing Time:**

- o **1st Time Contact Lens Wearers:** Wear lenses for 4 hours on the first day and increase wear by 2 hours each day until a maximum of 12-14 hours has been reached.
- o **12-14 hrs daily:** **No Overnight Wear.**
- o **Extended Wear:** You may sleep in your lenses up to 6 consecutive nights, then remove the lenses for one night. Clean & store as directed. Resume overnight wear the next day.

**Prescribed Cleaning Solutions:** \_\_\_\_\_

**Doctor:** \_\_\_\_\_ **Assistant:** \_\_\_\_\_

**Last Eye Exam:** \_\_\_\_\_ **Next Appointment:** \_\_\_\_\_

*\*There is a 15% Restocking Fee on all returned lenses.*

***If you experience any redness, discomfort, or blurred vision,  
remove your lenses immediately and contact our office!***