

PATIENT INSTRUCTIONS: CONTACT LENS DO'S AND DON'TS

DO:

1. Follow your doctor's instructions and call the office if you have any questions.
2. Report for regularly scheduled follow-up care. Follow-up care is extremely important and it is the patient's responsibility to schedule and keep all appointments.
3. Throw away your contact lenses Monthly, every Two Weeks, or Every day as prescribed by your doctor.
4. Always thoroughly wash, rinse, and dry hands before handling lenses; be careful of lint from towels, lint on the contact lens can irritate your eyes.
5. Clean your lenses AT THE END OF THE DAY and before storage. This is to properly clean lenses which avoids build up of tough protein deposits and oily films that are difficult to remove.
6. Rub each side of the lens with your prescribed multipurpose solution for 5 seconds, and then rinse each side for 5 seconds, then put them in a clean, dry, contact lens case and fill half way with your multipurpose solution.
7. In the morning, rinse case with your multipurpose solution (NEVER tap water) and leave open to air dry.
8. Replace contact lens case monthly.
9. Sit or stand close to a sink or table while inserting your lenses. That way, they cannot go far or land on the floor if dropped.
10. Re-clean lenses that have dropped on the floor or on your clothes.
11. Always close drain when working near sink. A dark face cloth or towel may also be used to cover drain.
12. Wear eye protection now that you wear contact lenses. Racket sports, hockey, etc. demand safety eyewear to avoid serious trauma to the eye.
13. Avoid contact with sprays or aerosols (hair sprays, deodorants, spray paint, oven cleaner, etc.)
14. Apply hairspray, deodorant or spray cologne before lens insertion or keep your eyes tightly closed and leave area until spray has settled. A sprayed lens is very uncomfortable and hard to clean.
15. Avoid harmful vapors and fumes especially in work areas while wearing lenses. Wear safety glasses; work under a hood. Inform your employer that you wear contact lenses so they can recommend safety eyewear if necessary.
16. Avoid dusty environments; wear eye protection.
17. Use caution when adjusting to temperature extremes such as oven, fireplace, freezer or sub-freezing weather.
18. While inserting lenses, we recommend holding back the eyelashes against the skin above and below the eye, not just holding the skin folds above and below the lashes.
19. Keep a contact lens case and a small bottle of disinfection solution with you at all times for emergency use.
20. Shower first, then put in contact lenses, then put on any makeup AFTER contact lens insertion.