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Contact Lens Care

1. Always wash your hands extremely well when handling contact lenses. Be sure to clean any chemical, soaps or cosmetics off your hands well.
2. Contact lenses should be cleaned and disinfected daily or after each wearing. Cleaning and disinfecting includes rubbing in a back and forth motion (not circular) for at least 30 seconds with about 6-8 drops of contact lens solution. (Multipurpose solution).
3. Contacts should be stored in a clean lens case. Clean and rinse your lenses before wearing again.
4. Different contact lenses have different wearing schedules. Be sure you know when to replace your lenses. Your replacement schedule:_____.
5. Clean your case at least once a week or whenever dirty. Replace your case with a new one often.
6. Avoid mixing up your contacts by taking them out one at a time, cleaning, and then putting in your case. Close the top immediately. All cases are marked with a R and L.
7. If you use hairspray, apply it BEFORE inserting your contacts. If wearing makeup, apply AFTER inserting your contacts
8. Don't sleep in your contacts unless your Dr. advises otherwise.
9. Don't put your lenses in your mouth or other solution which is not intended for contact lens use. Avoid handling contacts with fingernails.
10. Never use tap water for any reason in caring for your contacts.
11. Don't ever swim in your lenses. Bacteria in rivers and lakes can cause corneal ulcers. Chlorine in swimming pools can cause chemical burns.
12. Never re-use contact lens solutions that your contacts lenses have been stored in. When storing your contacts use FRESH solution each day. Never overfill

your case (3/4 full is fine). Don't ever top off your old used solution with new solution.

13. Always cap the contact lens solution bottle when not in use.
14. Never mix different types of contact lens solutions. Always read the directions if using a contact lens care solution that you are not familiar with.
15. If you need to rewet your contacts, never touch the tip of the bottle to the contacts. Hold it up a bit when putting a drop of solution on the lens.
16. If you are using a hydrogen peroxide solution, do not use this solution to rewet your contacts lens. Use a sterile saline solution.
17. If you do not wear your contacts every day, still change the solution the contacts are stored in every day and still throw out your contacts at the recommended schedule.
18. Don't over-wear your contacts as you increase your danger of developing an eye infection.
19. Always have extra clean cases around if you need to take your contacts lenses out unexpectedly.
20. If you are in a public restroom use a clean paper towel so your contacts don't touch the sink in any way.
21. If you lose a contact lens don't panic. Make slow movements carefully watching where you step. If you find the contact lens and it is dried up, rewet the contact with your contact lens solution until it hydrates. Then clean well before using. When in doubt use a fresh new contact lens.
22. Get a pair of back up glasses so you don't tend to over wear your contacts Give your eyes a break often from contacts.
23. If you experience any of the following please take your contacts out and clean them. If irritation still persists leave the contacts out and contact us.

Key Points to Remember

- Redness of your eyes
- Eye stinging, burning or itching
- Excessive tear production
- Discomfort
- Unusual eye discharge or vision changes