

CONTACT LENS PATIENT INFORMATION



ANNANDALE
MEMBER OF *VISION SOURCE*

Eye Care

CONTACT LENS INFORMATION, CARE AND HANDLING

Contact lenses provide patients many advantages over spectacle lenses for the correction of refractive error. Improvement in appearance, peripheral vision, and, in many cases, central visual acuity are among the usual reasons patients opt for contact lenses. Contact lenses are, however, a prescription medical device which in addition to their benefits, have certain limitations. Contact lenses are not suitable for wear in all situations, or for all patients. It is important that contact lens wearers exercise discretion and good judgment in when they wear, and how they care for their lenses. Compared to spectacles, contact lenses provide **less** eye protection; thus spectacles and/or safety glasses should be worn when there is risk of eye trauma; such as "impact sports", using power tools, yard work, etc. Contact lenses should be used as an alternative, but not in lieu of having spectacles. Soft lenses, and to a lesser extent rigid gas permeable lenses, can absorb, and even concentrate chemicals that they come into contact with; thus you should not wear your contact lenses in a noxious environment, or allow your lenses to come in contact with chemicals which could cause eye injury. Contact lenses are less durable than spectacles and you should expect more frequent replacement and higher maintenance cost. Although the risk associated with corneal infection is low with daily wear contact lenses, it is higher than with spectacles. Evidence shows that compliance with your prescribed wearing schedule, proper cleaning and disinfection of your contact lenses, and regularly scheduled follow-up care will minimize these risks. While you are wearing your daily wear contact lenses you should plan on returning for regularly scheduled progress checks, and should never hesitate to call our office for assistance or to schedule an interim visit. Normally, you should wear your contact lenses a minimum of 4 hours prior to the time of all examinations unless extenuating circumstances exist.

It is impossible to determine, in advance, whether you will become a successful wearer of contact lenses. Certain personal, physiological, and environmental factors may adversely affect the success of contact lenses, and may necessitate a change in the recommended wearing schedule or termination of lens wear. Some of these factors include:

- Work/living environment that is incompatible with contact lens wear
- Poor or inadequate tears
- Poor lens hygiene
- Inability or unwillingness to return for follow-up visits
- Higher than normal corneal oxygen requirement
- Manual dexterity problems that would prevent daily lens removal and cleaning
- Severe emotional stress
- Use of certain medications

Please note that although your lenses are FDA approved for all waking hours, the adaptability of your eyes is the key factor in determining wearing time. Trust us to recommend a schedule suited to your personal needs. Remember, like any medical device, contact lenses must be monitored on a regular basis. Professional follow-up care is the most important element in successful long-term lens wear.

CONTACT LENS DO'S, DON'TS, AND NEVERS

DO'S

- Always thoroughly wash & rinse you hands before handling your lenses.
- Clean your lenses daily to avoid buildup of deposits and oily films.
- Use fresh solution in the storage case each night.
- Wear protective eyewear now that you wear contact lenses. Racket sports, hockey, yard work, etc.....demand safety eyewear to avoid serious trauma to the eye.
- Apply all cosmetics **after** inserting contact lenses, including lotions, foundations, as well as eye cosmetics (mascara, etc).
- Always handle your lenses gently and avoid contact with fingernails, the #1 cause of lens damage.
- Always use only the recommended solutions by your doctor to prevent irritation to the eye or lens.
- Apply hairspray prior to inserting contact lenses and washing hands.

DON'TS

- Don't wear your lenses if they have suddenly become uncomfortable.
- Don't wear your lenses if you notice a chip or tear in the lens.
- Don't wear a soft lens that has been left out of solution and has become brittle.
- Don't put eye drops such as Murine and Visine in your eyes while wearing contact lenses.
- Don't sleep in your daily wear contact lenses.
- Don't use soaps containing deodorants or lotions. They can leave a residue on your hands and lenses.
- Don't apply eyeliner above the lower lash line. You will block glands that produce the tear film which will make lens wear more uncomfortable.
- Don't allow hairspray to come into contact with your contact lenses.

NEVER'S

- NEVER use tap water on soft contact lenses, use only saline or disinfecting solution.
- NEVER wet contact lenses by putting them in your mouth.
- NEVER store your contact lenses in saline overnight unless you heat disinfect.

IN THE BEGINNING IT IS NORMAL IF:

- 1) Your eyes itch or feel funny while wearing lenses
- 2) One lens is more noticeable than the other
- 3) Your vision seems fuzzier than with glasses
- 4) One eye sees better than the other
- 5) You have trouble handling your lenses

REMOVE YOUR LENSES IF:

- 1) **You develop unusual pain or redness.**
- 2) **You develop unusually cloudy or foggy vision.**
- 3) **You experience a decrease in vision that does not clear up.**
- 4) **You suspect something is wrong.**

Should any of the above symptoms persist after lens removal call your eye doctor to schedule an appointment.

CONTACT LENS CARE AND HANDLING

Proper care is necessary for successful wear, normal lens life, and good health. You will be provided with products to clean, disinfect, and store your contact lenses. Use them as instructed.

NOTE: These products have been prescribed specifically for your contact lenses and your eyes. Since the contents vary significantly from one manufacturer to another do not change or substitute brands unless you check with us first. Use of improper solutions may result in lens damage and/or eye irritation.

When a lens accumulates deposits such as protein, calcium, nicotine, etc. that cannot be removed, that lens must be replaced. In rare instances, a lens may dislodge from the eye and be lost or damaged, requiring a replacement. Contact lens life is unpredictable.

INSTRUCTIONS FOR THE CARE AND HANDLING OF SOFT CONTACT LENSES

1. **Wash Up** - Before handling your lenses, wash hands, rinse well, and dry with a lint free towel. Fingernails should be short and smooth to avoid damaging the lenses or scratching your eye.
- 2.) **Rinse Off** - Remove lens from case and rinse it well with your solution. To avoid possible mix-ups take the right lens out first each time.
- 3.) **Inspection** - Place lens on your forefinger to inspect it for cleanliness and determine if it's right side out.
- 4.) **Inverted Lens** - If the lens is in the correct position, the edges will flare out slightly. This is often difficult to determine until you have had a little practice.
- 5.) **Insertion** - Hold the upper lashes (Not the lid) to prevent blinking. Pull the bottom lid down. Focus on a steady point with the other eye. Place the lens on the eye. Look to the right, left, up, and down, before blinking.
- 6.) **Eye Drops** - One or two drops of lens lubricant are recommended if your lenses feel dry or if blurry vision occurs while wearing. Eye drops may also be helpful prior to removal if your lenses feel dry or sticky.
- 7.) **Removal** - Wash hands before removal. Slide the edge of your lens down onto the white part of your eye (sclera). Then gently squeeze the lens between your thumb and forefinger to remove.
- 8.) **Cleaning** - Your contacts must be cleaned after wearing. Place the lens in your palm, put a drop or two of cleaning solution on it and rub in a straight back and forth motion.
- 9.) **Clean Case Daily** - After removing your lenses from the case, rinse your case well with contact lens solution and allow it to air dry before refilling with fresh solution.
- 10.) **Storing Lenses** - When soft lenses are stored in the case, always immerse in the prescribed disinfecting or soaking solution. CAUTION: **Never** store lenses in tap water, mineral water or anything other than sterile soft lens solution.

INSTRUCTIONS FOR THE CARE AND HANDLING OF RIGID GAS PERMEABLE CONTACT LENSES

- 1.) **Wash Hands** - Begin all cleaning procedures by washing your hands first. Thoroughly wash and rinse hands and dry them with a lint free towel. Short smooth fingernails will reduce the chance of lens damage or scratched eyes.
- 2.) **Inspect Lenses** - Always work with the right lens first. Remove lens from case. Place the contact lens on your finger and inspect it for damage and cleanliness.
- 3.) **Apply Wetting Solution** - Wetting solutions make your contact lens surfaces more compatible with your eyes own tears. They will increase your initial comfort.
- 4.) **Insert Lenses** - Hold upper lashes to secure upper lid. Pull the bottom eye lid down with middle finger. Focus straight ahead with the eye you are not putting the lens on. Place directly on the central cornea. Blink after the lens is in place and be sure vision is good by covering the other eye.
- 5.) **Instill Eye drops** - Your lubricating eye drops can be used at any time while your lenses are being worn. They will make your eyes feel more comfortable when your eyes feel dry, irritated or tired.
- 6.) **Remove Lenses** - Wash hands first. Place your index finger at the outside corner of the eyelids. Lean over a mirror or a clean cloth and pull lids out and up and blink. This is a difficult contact lens skill and will take practice to master.
- 7.) **Clean Lenses** - Your lenses need to be cleaned daily. Remove one lens and place it in the palm of your hand. Apply 2 -3 drops of cleaning solution to each side and gently rub the lens with a side to side and back and forth motion. Lenses may also be cleaned carefully between your thumb and forefinger.
- 8.) **Rinse Off** - Close the drain and rinse the lens for about 10 seconds under warm tap water to remove cleaner.
- 9.) **Clean Case Every Day** - After removing your lenses from the case, rinse the case well with hot water, and let it air dry.