

# Safe Handling and Care of Your Contact Lenses

We're glad you've made the choice to see clearly with contact lenses. Your contact lenses are prescription devices with a limited useful life span. Proper care is necessary for successful wear and good eye health. You will be provided with products to clean, disinfect and store your contact lenses, as well as safe handling and care information and instructions.

Your cleaning, disinfecting and soaking solution is:

Recommended Rewetting Drops:

Next Appointment: \_\_\_\_\_  
(*Arrive at your appointment wearing your contact lenses.*)

Special Instructions: \_\_\_\_\_

WEARING SCHEDULE			
Day	In	Out	In
One	3	1	3
Two	3	1	3
Three	4	1	4
Four	4	1	4
Five	6-8		
Six	6-8		
Seven	8-10		

**In the beginning it is normal if:**

1. Your eyes itch or feel funny.
2. You are more aware of one lens.
3. Your vision seems fuzzier than with your glasses.
4. You have better vision in one eye than the other.
5. You have trouble handling your lenses.  
It takes practice!

**Remove your lenses immediately if:**

1. You develop unusual pain or redness.
2. You develop foggy or cloudy vision.
3. You experience a decrease in vision that does not resolve quickly.
4. You suspect anything is wrong.

The solutions recommended for cleaning, disinfecting, soaking and rinsing your contact lenses and the eyedrops for use while wearing the lenses have been prescribed specifically for your eyes and your lenses. Since the formulas for producing these solutions and eyedrops vary significantly from one manufacturer to another, do not change any of them without checking with us first. Use of non-recommended products may result in lens damage, irritation to your eyes, and increased risk of infection.

How well your eyes adapt to your lenses is the key factor in determining wearing time. Do not exceed the wearing schedule we have prescribed for you.

Remember, like any prescription device, contact lenses must be monitored on a regular basis. Professional follow-up care is the most important element in successful, long-term contact lens wear. Please keep your scheduled appointments.

*I acknowledge that I have received and understand the above instructions on the care and handling of contact lenses. I have also been informed of the necessity for periodic examinations to monitor my eye health and condition of my contact lenses. It is my understanding that improper use and inadequate care of contact lenses can possibly cause eye irritation, infections, and corneal injury.*

Dispensed By \_\_\_\_\_ Date \_\_\_\_\_

*Patient's signature*

## Care and Handling of Your Contact Lenses

### 1. Wash Your Hands

Wash before handling your lenses. Wash your 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. Use Ivory or Neutrogena hand soap. Others will leave an oily film on the hands which transmits to the lenses. This oily build-up usually does not come off with cleaning.

### 2. Rinse the Lenses

Remove lens from the case and rinse it well. To avoid possible mix-ups, always start with the right lens.

### 3. Inspect Your Lenses

Place the lens on your forefinger to inspect it for cleanliness and determine if it's right side out.

### 4. Which Way is Up?

If the lens is in the correct position, the edges will appear almost straight up like a bowl. When inverted, the lens edges will flare out slightly like a teacup. This is often difficult to determine until you have had a little practice.

### 5. Inserting Your Lenses

- a. Hold the upper lash at the lid margin to prevent blinking.
- b. Pull the bottom eyelid down.
- c. Focus on a steady point with the eye you are not putting the lens on.
- d. Place the lens on the central cornea, not off to the side.
- e. **Do not blink or let go of your eyelid** until the lens is in place and has no bubbles underneath.

### 6. Eyedrops

One or two drops of lens lubricant are recommended if your lenses feel dry or if blurry vision occurs while wearing them. Eyedrops may also be helpful prior to removal if your lenses feel dry or sticky.

## Questions to ask at your next appointment...

### 7. Makeup and Hairspray

Always put contact lenses in before applying makeup. Be careful with aerosol sprays. If you use them, close your eyes when spraying and leave the room when you are finished spraying.

### 8. Lens Removal

Wash your 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, being careful not to use your fingernails.

### 9. Cleaning Your Lenses ... RUB!

Your contacts must be cleaned after each 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. Flip lens over and repeat. *Do this even if your solution bottle says 'No Rub'?*

### 10. Clean Your Case Daily

After removing your lenses from the case, rinse your case thoroughly with contact lens solution and allow it to air dry.

### 11. Storing Lenses

When soft lenses are stored in the case, always make sure they are fully immersed in the prescribed disinfecting or soaking solution. Always use fresh solutions. Reusing solutions can lead to serious eye infections and can cause the lenses to turn colors.

**CAUTION:** *Never store soft lenses in tap water, mineral water or anything other than sterile, soft lens solution. Never put contact lenses in your mouth, or use saliva to wet them.*

Follow-up visits are very important for you and the health of your eyes. Even if your lenses feel fine, please keep your scheduled appointments so we can be sure they are fitting properly. Thank you for choosing the Eye Center of the Dakotas. Call our office if you have any questions, or to schedule an appointment at 701-224-0661.



## Safe Handling and Care of Your Contact Lenses

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of the Dakotas*

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