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## **CONTACT LENS WEAR INSTRUCTIONS**

### **Tips for Lens Handling**

ALWAYS wash hands with mild soap and water and dry with a clean towel before handling lenses. Work in front of a well lit makeup mirror with a clean towel spread over the counter to catch the lens and keep it clean if it falls.

To avoid confusion as to which lens is which, try to stick to the same sequence every time—most people always handle the RIGHT lens first (e.g. the right lens goes in first in the morning and comes out first in the evening).

Keep your fingernails short and well-maintained—long fingernails make contact lens insertion and removal considerably more difficult.

Handle lenses by the edges and remember that the lenses are mostly water, so if they are out of the solution for more than a minute they will become dried out, sticky, and difficult to handle. If they become dried out, put them back into the solution for 10 seconds and they will return to normal.

### **Tips for Insertion and Removal**

Perch the contact lens on the index finger of your dominant hand halfway between the tip of your finger and the center of your fingerprint. The edge of the contact lens should be completely free in the air all the way around and not stuck down to your finger at all. Use the middle finger of your dominant hand to pull down on your lower lid. You can use your other hand to pull up on your upper lid if necessary. Look straight ahead into the mirror and try to place the contact lens squarely on the front of your eye, over the center of your vision. As you slowly remove your finger, you should feel the contact lens on your eye. GENTLY AND SLOWLY close your eye—if you close quickly and squeeze you will pop the contact lens out. With your eye closed, apply gentle pressure to your lids with your fingers and look in around in all directions. When the eye opens, the lens should be fitting comfortably.

To remove, look straight into the mirror, use the middle finger of your dominant hand to pull down on the lower lid and pinch the contact lens with your thumb and index finger where the colored part meets the white part of your eye. You will have to apply some pressure to the eye to catch the lens when you pinch your fingers together.

## Care and Cleaning

Contact lenses can increase the risk of having a serious eye infection if they are not cared for correctly. **ALWAYS** remove lenses before sleeping and do not swim with lenses in. If you accidentally fall asleep with the lenses in, they will be very dry and may be stuck to your eye when you awake. Use several rewetting drops to hydrate the lens before attempting to remove them. Change lenses at the recommended interval and change to a new case at least every 3 months. If you are not certain of the recommended change interval for your lenses, ask the doctor.

For traditional solutions (Opti-Free, ReNu, Complete, or store-brand equivalent):

Clean and refill case with fresh solution daily before use. Never re-use old solution. Leave lenses in solution for a minimum of 6 hours for complete cleaning. Lenses can be taken directly from solution and placed back into eye.

For hydrogen peroxide-based solutions: (ClearCare, Aosept, or store-brand equivalent):

Clean and refill vial up to etched line with fresh solution daily before use. White case has two sides, one for the right lens one for the left. Open the right lens side and place lens onto the “bump” in the middle of the case, then flip the lid closed. Repeat for the left lens. Insert the case into the vial and gently twist closed. **IMPORTANT:** Lenses must sit in solution for a minimum of 6 hours before the lenses can be used. **NEVER** remove the lenses prior to 6 hours of disinfecting and **NEVER** use the solution directly in your eyes. Lenses can be taken directly from solution and placed back into eye after 6 hours. **NEVER** rinse lenses with this type of solution.

## General wear tips

Lenses can be “lost” underneath upper or lower eyelid. By manipulating eyelids and looking around, you should be able to find the lens and remove it. If you are unable to locate the lens and are certain it is in the eye, call the doctor. Do not simply insert another lens if there is a possibility that there is an old lens or fragment of a lens still stuck under your eyelid.

Soft contact lenses can tear. Never insert a torn or damaged contact lens into your eye.

If your eyes become dry when wearing contact lenses, your eye may feel sticky or your vision may become foggy. Use contact lens re-wetting drops as directed. Dryness tends to be worse towards the end of the day or during airplane travel. Remember that not everyone can wear contact lenses all day every day. If the lenses keep getting dry, consider removing them and wearing them for fewer hours per day.

If your eye becomes red or sore or the vision becomes blurry, or if you have discharge, stop wearing lenses immediately and call the doctor.