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CARING FOR YOUR EYES and CONTACT LENSES

- 1. ALWAYS WASH YOUR HANDS** with warm water and soap before handling your contact lenses or before touching your eyes. Any residue from lotions, soaps, or chemicals may stick to the contact lens, causing pain, irritation, or blurred vision when they are in your eyes. Dry your hands with a clean towel.
- 2. WEAR YOUR CONTACT LENSES AS PRESCRIBED.** Your eye doctor will recommend a wearing schedule specific to the type of contact lens you have selected. Only wear your contact lenses for the time recommended: _____hr/day _____days/week
- 3. DO NOT WEAR CONTACT LENSES** with an irritated eye; with a dry eye; with a red eye; with a swollen eye; when experiencing eye allergy symptoms; or while engaged in water activities (bathing, swimming, hot tubs, steam room).
- 4. CLEAN AND STORE YOUR CONTACT LENSES AS PRESCRIBED** (in a clean case in fresh solution). Different types of contact lenses require special care and certain types of products. Always use the eye care products recommended by your eye doctor. Some eye products or eye drops are not safe for contact lens wearers.
- 5. CLEAN YOUR CONTACT LENS CASE** after each use with either sterile solution or hot tap water and let air dry.
- 6. NEVER USE PLAIN WATER** directly on your contact lenses, and never put your contact lenses in your mouth to "rinse" them. Microorganisms can live in even distilled water, causing infection or sight damage.
- 7. RINSE YOUR CONTACT LENSES** with ph-buffered, preservative free saline solution before placing the lenses in your eyes.
- 8. PUT YOUR CONTACT LENSES ON** before applying makeup to avoid contaminating your contact lens. When removing your makeup be sure that you wash and dry your hands. Once you have done this, remove your contact lenses and then remove your makeup.
- 9. CLEAN YOUR CONTACT LENS BY RUBBING** it gently with your index finger in the palm of your hand for 30 seconds on both sides. Don't let the tip of solution bottles touch other surfaces, including your fingers, eyes or contact lenses. The solution can become contaminated.
- 10. NEVER WEAR ANOTHER PERSON'S CONTACT LENSES**, especially if they have been worn before. Using other people's contact lenses can spread any infection or particles from their eyes to yours.
- 11. WEARING CONTACT LENSES** may cause your eyes to become more sensitive to sunlight. Wear sunglasses with total UV protection and/or a wide brim hat when in the sun.
- 12. KEEP YOUR EYES LUBRICATED**, use preservative free artificial tears, rewetting solution or plain saline solution.
- 13. DO NOT SLEEP WITH YOUR CONTACT LENSES** in your eyes. While the eyes are shut, tears cannot carry healthy amounts of oxygen to the eye, like during the waking hours. As a result, your contact lenses will become dry and stick to your eyes and may lead to infection. If you accidentally do fall asleep with your contact lenses in, be sure to put eye preservative free artificial tears drops in your eyes and wait a few minutes before trying to remove your contact lenses.
- 14. IF YOU DEVELOP AN EYE INFECTION** (signs include redness, burning, or excessive tearing), remove your contact lenses IMMEDIATELY and discontinue use until you visit with your Ophthalmologist. Wearing a contaminated pair of contact lenses will invite the infection to remain and may worsen the infection. After resuming contact lens use, closely follow your doctor's instructions to help prevent future eye infections.
- 15. CALL YOUR OPHTHALMOLOGIST** immediately if you have any degree of sudden vision loss, blurred vision, light flashes, eye pain, infection, swelling, unusual redness, or irritation.
- 16. SEE YOUR OPHTHALMOLOGIST** annually to check your cornea, glasses prescription and contact lens prescription.