

CONTACT LENSES GUIDE



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DO's

Always wash and thoroughly rinse and dry your hands before handling contact lenses.

Inspect contacts for damage or discoloration before inserting the lenses into your eye.

Store lenses in the proper lens storage case, and replace the case at least every three months. Clean the case after each use, and keep it open and dry between cleanings.

Use only fresh solution to clean and store contact lenses. Never reuse old solution. Change your contact lens solution according to the manufacturer's recommendations, even if you don't use your lenses daily.

Always follow the recommended contact lens replacement schedule prescribed by your optometrist.

Try to keep fingernails short and smooth for ease of insertion/removal of lenses and to avoid lens damage.

Minimum makeup use with contacts, and insert contacts before applying make up.

See your optometrist for your regularly scheduled contact lens and eye examination.

Use approved eye drops for comfort if your eyes feel dry or irritated

DON'Ts

Use cream soaps, lotions, sunscreen before handling contact lenses

Use homemade saline solutions. Improper use of homemade saline solutions has been linked with a potentially blinding condition among soft lens wearers.

Put contact lenses in your mouth or moisten them with saliva, which is full of bacteria and a potential source of infection.

Use tap water to wash or store contact lenses or lens cases.

Share lenses with others.

Apply hard pressure to the lens if cleaning in your hand. If your doctor recommends massaging the lens in the palm of your hand for manual cleaning, use minimal pressure.

Use products not recommended by your optometrist to clean and disinfect your lenses. Saline solution and rewetting drops are not designed to disinfect lenses.

Sleep, shower or swim/hot tub with lenses in unless otherwise stated by your optometrist.

Force yourself to wear the lenses if they are red, painful or unusually irritated. Remove the lenses and call our office for assistance.

THINGS TO EXPECT WITH CONTACTS

At first you may **feel the lenses** in your eyes, especially when you blink. The lenses may also feel **itchy or irritating**. Give your eyes time to adjust. At first your **vision may not be as clear in contacts** as glasses, and for some this will always be the case. You may have to **ease into wearing the lenses**, increase wear time day over day. Be sure to **wear your lenses into your follow up exam**.