

## Soft Contact Lens Instructions

*Never* let soft contact lenses become dry. *Never* soak them in tap or distilled water. If lenses dry out, they will become brittle. Should this occur, however, soak the lenses in saline for two to three hours. Then, if the lenses do not appear damaged, continue with your disinfecting regimen. If the lenses are uncomfortable after you insert them, remove them immediately and *call us*.

You will be given solutions and instructions to care for your lenses. Always clean the lenses first and then disinfect them. To clean, put a small amount of solution in the palm of the hand and rub the lenses to remove any loose debris on the surface. After rubbing the lenses, rinse thoroughly with saline and continue with the disinfecting segment of the care system. Store the lenses in the disinfecting solution until you are ready to reinsert them. Take them directly from the storage solution and insert them in the eyes. A lens should *never* be inserted that has not been disinfecting by the system provided.

The enzymatic cleaner we have given you should be used once a week unless otherwise instructed.

### Soft Contact Lens Schedule

Day	Wear Time (Hrs)
1	4
2	6
3	8
4	10
5	12
6	12
7	12-14

(Maximum wearing time will be determined at your follow-up appointment.)

Remember to clean and disinfect your lenses if they are stored more than 48 hours. DO NOT RUSH YOUR WEARING TIME!

### Possible Contact Lens Complications

Wearing contact lenses is a reasonable method of attaining good vision as an alternative to glasses. However, wearing contact lenses is not without risk. The following conditions are possible complications of contact lenses. You must be aware of the potential hazards and accept these relative risks in addition to the benefits of contact lenses.

1. *Contact Lens Overwear*. This occurs when the contact is worn longer than the cornea can tolerate. Not enough oxygen gets to the cornea resulting in temporary discomfort and blurred vision. The treatment is to discontinue wearing the contact lenses for a few days.

2. *Corneal Abrasion*. This is a "scratch" on the surface of the cornea resulting from a poorly-fitting contact lens, foreign material under the contact lens or overwear. The treatments include antibiotics and possible patching of the eye. Infection may result from this condition.

3. *Allergic Reaction*. In this condition the eye becomes red and irritated in response to the cleaning and/or storage solutions. It is most often seen with soft contact lenses and is usually a reaction to the preservatives in these solutions. Treatment includes changing to different solutions and storage methods as directed by your doctor.

4. *Tight Lens Condition*. This is most often seen with soft and extended wear contact lenses. The lens, which previously had fit well, "tightens up" and does not allow tears and oxygen to the cornea. This results in pain, redness, and swelling of the cornea and can lead to a corneal abrasion. The treatment is to refit the lens.

5. *Corneal Warpage*. This is most often seen with hard and gas permeable contact lenses. In this condition, the shape of the cornea becomes altered in response to the contact lenses. If severe warpage occurs, the lenses may no longer fit well and discomfort results. The treatment is to discontinue wearing the contact lenses until the warpage resolves, which may take weeks to months. During this healing time, the vision may fluctuate, requiring a change in the glasses prescription one or more times. Occasionally, the warpage may not resolve and the astigmatism created may persist.

6. *Giant Papillary Conjunctivitis (GPC)*. In this condition, there is itching, lens intolerance, and redness while wearing the contact lenses. It is more often seen with soft lenses and is generally caused by a buildup of protein on the surface of the lens. Treatments include discontinuing lens wear for a period of time, switching lens types, and switching solutions.

7. *Corneal Ulcer*. This is the most severe complication of contact lenses and is more often seen with extended wear soft lenses. In this condition, trauma or contamination to the cornea from the contact lens results in an infection. This sometimes requires hospitalization for treatment and can lead to extensive corneal scarring. Corneal transplant surgery may be required to regain good vision. Although very rare, it is possible that a patient could lose an eye from a severe corneal ulcer.

It is not possible to determine in advance whether you will become a successful contact lens wearer or not. Personal, physiological and environmental factors may require changes in the wearing schedule or termination of lens wear. Please keep your glasses prescription up-to-date in case you are unable to wear your lenses.

Adhering to the lens care system recommended is important. The risk of complications increases when you do not adhere to the lens care system prescribed for you. Switching or mixing products could cause irritation and/or permanently discolor your lenses.

### **A lens should be brought to us for evaluation and/or replacement if:**

1. It accumulates deposits, is no longer comfortable, or becomes discolored and cannot be restored to its original condition using the methods in this pamphlet.
2. It becomes scratched, chipped, or cracked.

If you experience **redness, secretion, visual blurring, or pain (RSVP)**, **remove** your contact lenses **at once**. If the symptom subsides, the lenses can be cleaned and reinserted. If the lenses are removed and the symptom does not subside or reappears upon reinsertion, remove the lenses immediately and **call us!**

Contact lenses require proper care and handling. They must pass many rigid tests to insure proper power, shape, and durability. Contacts do not develop tears, nicks, or scratches by themselves. They are only caused through mishandling of the lenses by the patient. How well you care and handle them will determine how long they last. You must follow all instructions in caring for and handling your lenses. Failure to do so could damage your lenses. The average patient will replace at least one lens per year. Lost, damaged, or contaminated lenses *will not* be replaced free of charge.

Contact lens fitting requires a number of follow-up visits (two to three visits in the first three months). These visits are very important to ensure the proper fit of the lens and the health of the eye. Please keep all appointments made for you.

Contact lens appointments are recommended every six months and are mandatory yearly for prescription refill.

A contact lens prescription does not exist until the doctor deems your lens fit acceptable after several checks during follow-up care. After you have been released from initial follow-up care, you may request a copy of your contact lens prescription.

Your cooperation is vital to your success in wearing contact lenses.

## **DO**

**DO** clean rigid gas permeable lenses in the palm of your hand instead of between your fingers. Clean from center to edge rather than in a circular motion.

**DO** keep soft lenses moist to prevent tearing.

**DO** add a rewetting drop before removing contact lenses.

**DO** wet lenses with saline before picking them up from a dry surface or cleaning them to prevent tearing or warpage.

**DO** buy a case with ridges in the bowl and the lid to prevent suction of the lens to the case.

**DO** apply cosmetics sparingly.

**DO** purchase hypoallergenic, nonflake cosmetics. Some cosmetics are made specially for use with contact lenses.

**DO** discard eye makeup three months after opening. The exception is pencil eyeliner that is sharpened to a fresh supply.

**DO** insert lenses **BEFORE** applying cosmetics.

**DO** remove lenses **BEFORE** removing cosmetics.

**DO** remove cosmetics daily with an oil free, hypoallergenic remover.

**DO** follow your eye doctor's instructions for lens care and use only the solutions recommended by your eye doctor.

**DO** keep your contact lens case clean. Scrub lens case weekly with toothbrush and daily cleaner.

**DO** carry a case with you with fresh solution in it at all times.

**DO** remove your lenses and consult your eye doctor, if you experience redness, itching, irritation or pain.

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## **DO NOT**

**DO NOT** touch the tip of your bottles with your fingertips or touch your eye with the bottle tip when instilling lubricating drops.

**DO NOT** hold a rigid gas permeable lens by the edges. Hold it front to back.

**DO NOT** slide a rigid gas permeable lens across a flat surface.

**DO NOT** use hair spray when your lenses are in. Spray your hair **BEFORE** inserting your lenses.

**DO NOT** use saliva to wet your lenses. Your mouth is full of bacteria.

**DO NOT** sleep in your lenses unless instructed by your eye doctor.

**DO NOT** use cosmetics or contact lenses if your eyes are irritated or red.

**DO NOT** share cosmetics.

**DO NOT** reuse a mascara or eyeliner wand in refills.

**DO NOT** apply eyeliner to the inner margin of your eyelid.

**DO NOT** use waterproof mascara. It is very difficult to clean off lenses.

**DO NOT** use lash-builder mascara. It contains nylon and/or rayon fibers which can be irritating if they drop into the eye.

**DO NOT** use frosted eye shadow unless it has been specially formulated for use with contact lenses.

**DO NOT** apply cosmetics or lenses in a moving vehicle.

**DO NOT** separate clumped eyelashes with sharp instruments.