

## Soft Contact Lens Tips

1. Before insertion and removal of lenses, always wash your hands with a mild soap free of lotions.
2. Dry your hands with a lint free towel.
3. Insert your lenses BEFORE putting on face cream, makeup, lotions, medications or similar products. These could cause coating or discoloration and damage your lenses.
4. Use ONLY solutions recommended by this office.
5. DO NOT WEAR YOUR LENSES LONGER THAN YOUR CORRECT WEARING TIME, even if they feel comfortable. Wearing the lenses longer than the schedule may cause discomfort and irritation to your eyes, often starting several hours AFTER you remove your lenses.
6. Aerosols are very hard on contact lenses. If you use an aerosol deodorant or hairspray, close your eyes while spraying and leave the room immediately after.
7. Avoid areas with noxious vapors such as fresh paint. These vapors could be absorbed into the lenses and may cause damage or eye irritation.
8. Do not sleep with your lenses, unless approved by the doctor.
9. Handle your lenses with the pad of your fingertips to avoid tears and nicks that may be caused by your fingernails.
10. After inserting your lenses, ALWAYS clean the inside of the case with hot water and air dry. NEVER REUSE SOLUTIONS.
11. NEVER use tap water to rinse or store your lenses. Serious eye infection could occur from the impurities in the water.
12. Do not swim with your lenses in.
13. If your eyes feel tired and dry, put a drop of lubricating or rewetting solution in them before removing your lenses.
14. The following problems may occur:
  - Eyes sting, burn, or itch
  - Unusual eye secretions, or excessive watering
  - Redness of the eyes
  - Reduction in vision
  - Blurred vision, rainbows or halos around objects
  - Sensitivity to light
  - Dry eye

If you notice any of the above conditions, remove and examine the lenses. If the problem stops and the lenses appear to be undamaged, thoroughly clean and rinse the lenses and reinsert. If the problem continues or if a lens appears to be damaged, DO NOT REINSERT THE LENSES. PLEASE CONTACT OUR OFFICE FOR FURTHER EVALUATION, 763-428-3757.