

# Contact Lens Information

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## What are best practices for using and cleaning my contact lenses?

- ✓ Before handling your lenses, wash your hands using soap without moisturizers or deodorants.
- ✓ Disinfect your lenses after each time you wear them as instructed, and **never reuse contact lens solution.**
- ✓ Check your lenses regularly for damage or discoloration.
- ✓ Recap your contact lens solution after each use.
- ✓ Replace your contact lens case every 3 months.
- ✓ Follow your lens replacement schedule (monthly, bi-weekly, daily, etc.).
- ✓ Keep an extra set of eyeglasses as a backup.
- ✓ Insert your lenses before you put on any eye make-up.

## What should I avoid doing with my contact lenses?

- ✗ Don't use your lenses for longer than the prescribed time.
- ✗ Don't wear your lenses if your eyes are red, sensitive to light, irritated, or painful, or when your vision is blurred.
- ✗ Don't use any over-the-counter (non-prescription) eye drops while you have your lenses in, unless they are either preservative-free or labeled "for use with contact lenses." Make sure to wait at least 20 minutes after using eye drops before you insert your lenses.
- ✗ Don't use any medicated eye drops while you're wearing your lenses. Make sure to wait at least 20 minutes after using medicated drops before you insert your lenses.
- ✗ Don't use any sort of water to rinse or store your lenses (like tap, well, distilled, bottled, etc.).

- × Be careful not to get any kind of water near your face or eyes while you're wearing lenses.
- × Don't wear your lenses while swimming (in any pool, lake, or ocean), showering, or going in a hot tub.
- × Don't sleep with your lenses in.

### **What should I do if I'm wearing my contact lenses and my eyes are bothering me?**

- If you experience discomfort when wearing your lenses, remove them and check for rips, cracks, or tears. If you don't see any, gently rub your lenses with saline and re-insert them.
- If you continue to have discomfort, it is best to re-clean them, stop wearing them, or throw them away.

### **When should I call the clinic?**

If you have any of these symptoms with your contact lenses, please contact the clinic at (734) 936-8686, as you may need medical help:

- Eye pain
- Discharge (leaking fluid from the eye)
- Increased sensitivity to light
- A big reduction in your corrected vision
- Increased eye redness

### **What is my suggested schedule for how long I should wear my contact lenses?**

You should start by wearing them for 4 hours on the first day, and then add one hour of wear each day until you reach 10 hours of wear a day. Continue to wear them up to 10 hours a day until your follow-up appointment. A sample schedule is included below.

- Please wear your contacts lenses into your follow-up appointment.

Day	Wear time
Day 1	4 hours
Day 2	5 hours
Day 3	6 hours
Day 4	7 hours
Day 5	8 hours
Day 6	9 hours
Day 7	10 hours
Continue wearing your lenses up to 10 hours a day until your follow-up appointment	

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