

Contact Lens Follow-up Agreement

The Do's and Don'ts for Contact Lens Wearers:

Do's

Wash your hands before handling lenses, using soap without lanolin, moisturizers or deodorant.
Disinfect lenses after each wearing session.
Empty the disinfecting or soaking solution from your lens case after each use.
Check your lenses regularly for damage or discoloration.
Check cleaning solutions for expiration dates.
Keep the caps on bottles of solutions.
Keep lens cases clean.
You must have a check-up yearly to maintain a contact lens prescription.
Follow lens replacement schedules.
Use minimum eye make-up.

Don't

Wear lenses longer than the prescribed wearing time.
Wear lenses when the eyes are red, irritated, painful or when vision is blurred.
Wear lenses in the presence of chemical fumes.
Use any eye drops without your eye doctor's approval.
Use tap water or distilled water to rinse or store contact lenses.
Wear in a hot tub, swim or take a shower while wearing lenses.

Helpful Hints

Remember it is important to have a spare pair of eyeglasses. They will enable you to see well if you have a problem with your contact lenses or lose them.

If you experience **discomfort** when wearing the lenses and the rewetting drops do not solve the problem, remove the lenses and check for rips or cracks. If none are visible, clean the lenses with daily cleaner, rinse saline and reinsert. If the problem persists, remove the lenses and put on your glasses. If your vision is not clear (as it usually is), then you may require medical attention. *Call our office as soon as possible so we may discuss the situation with you.*

Wearing time schedule

Day 1, 4 hours

Day 2, 5 hours

Continue to add one hour each day until you reach 10 hours. Continue at 10 hours per day until your appointment with the doctor.

I have read the above instructions and I agree to abide by the cleaning regimen, wearing schedule, and follow-up schedule as directed above.

SOFT CONTACT LENS INSTRUCTION

Insertion

- 1) Wash your hands.
- 2) Place lens on index finger of your dominant hand.
- 3) Hold open upper lid with non-dominant hand.
- 4) Hold open lower lid with remaining fingers of the dominant hand.
- 5) Look straight ahead in a mirror and gently place the lens on the colored part of your eye.
- 6) Slowly release your lids and blink.
- 7) If lens is not centered, close your eye and lightly massage your lid.

Alternate Insertion Method

- 1) through 4) as above.
- 5) Look up and place lens on the white part of your eye.
- 6) Slowly look down, release your lids and blink.
- 7) If lens is not centered, close your eye and lightly massage your lid.

Removal

- 1) Wash your hands.
- 2) Pull down on your lower lid with index finger of your non-dominant hand.
- 3) Look up and place the finger of your dominant hand on the lower part of the lens.
- 4) Slide the lens down onto the white part of the eye.
- 5) Gently compress the lens between your thumb and finger.
- 6) Clean and disinfect lens as instructed.

RIGID GAS PERMEABLE LENS INSTRUCTION

Insertion

- 1) Wash your hands.
- 2) Place lens on index finger of your dominant hand.
- 3) Hold open upper lid with non-dominant hand.
- 4) Hold open lower lid with remaining fingers of the dominant hand.
- 5) Look straight ahead in a mirror and gently place the lens on the colored part of your eye.
- 6) Slowly release your lids and blink.
- 7) If lens is not centered, close your eye and lightly massage your lid.

Removal

- 1) Wash your hands.
- 2) Place index finger at corner of lid margin.
- 3) Open eyes as wide as possible while looking straight ahead.
- 4) Cup your free hand beneath your eye and tip your head downward.
- 5) Gently pull sideways until your eyelid skin is taught.
- 6) Blink quickly and forcefully.
- 7) Lens will pop out.

Alternate Removal Method

- 1) Place your index finger of your dominant hand on the lower lid.
- 2) Place the index finger of your non-dominant hand on your upper lid.
- 3) Pull the lids slightly apart.
- 4) Gently squeeze the contact lens out by pushing the edges of your lids under the edge of the lens.