



# EYE CLINIC

## SOFT CONTACT LENS CARE INSTRUCTIONS

Your care system has been chosen for you by your eye doctor. Not all contact lens solutions are compatible with each other or with your lenses. Do not use solutions other than the ones your eye doctor has prescribed for you.

### When Putting Lenses On

1. Always wash your hands before handling lenses.
2. Work over a counter or table.
3. If you wear lenses on both eyes, always start with the same eye. This will avoid getting the contact lenses mixed up.
4. Rinse the lens with contact lens saline solution before putting it on. Do not use tap water or distilled water.
5. Check the lens for cracks or chips.
6. After lenses have been put on, the soaking solution must be emptied out of the case. The case should be rubbed and rinsed with sterile contact lens solution (never use tap water), emptied, and left open to air-dry after each use. Do not re-use or save soaking solution.
7. If the eye becomes red, painful, or has discharge, remove the lens.  
Immediately contact the Eye Clinic at ( ) - .  
Hours are Monday through Friday, 8:00 AM to 4:30 PM.

**Go to the VA Urgent Care Clinic or local Emergency Room on weekends if needed.**

*Local VA Medical Facility Address*

### When Taking Lenses Off

1. Always wash your hands before handling lenses.
2. Work over a counter or table. When using a sink, be sure the stopper is over the drain.
3. Always start with the same eye. This will avoid getting lenses mixed up.
4. First remove the contact lens.
5. Then place 3-4 drops of daily cleaning solution in the palm of your hand.
6. Gently rub the contact lens in the cleaning solution using your index finger for 30 seconds on each surface.
7. Next, rinse the cleaned lens with contact lens saline solution.
8. Do not use tap water or distilled water.
9. Place the lens in the center of the lens well in the case.
10. Fill with fresh soaking solution.

### When Enzyming Lenses

1. Remove and clean lenses according to the above instructions.
2. Fill the enzyme vials with contact lens saline solution. Do not use tap water or distilled water.
3. Drop one enzyme tablet into each vial.
4. Place the cleaned contact lenses into each vial.
5. Allow the lenses to soak in the enzyme solution for at least 15 minutes (or the time prescribed by your eye doctor).
6. After the lenses have soaked the prescribed time, clean them again with daily cleaner.
7. Then allow them to soak in soaking solution overnight before wearing.

## **YOUR SOFT CONTACT LENS CARE SYSTEM:**

**DAILY CLEANER** \_\_\_\_\_

**SOAKING SOLUTION** \_\_\_\_\_

**SALINE SOLUTION** \_\_\_\_\_

**ENZYME YOUR LENSES** \_\_\_\_\_ **PER WEEK FOR** \_\_\_\_\_

*Local VA Medical Facility Address*