

Contact Lens Information Sheet

Hygiene is very important. Always wash your hands before touching your contacts or your eye. Replace the contact lens as directed regardless of how it “feels”. Replace the solution in the case after each use. Never “top-off” old solution. Replace the case quarterly. Biofilms can develop in as short as just a few days. Replacing the case is essential for infection prevention.

When starting contact lens wear for the first time it is important to **gradually increase** your wear time. Wearing a plastic, medical device on your eye limits the amount of air and oxygen to the cornea. While your eye will adapt and be perfectly healthy, it can not adapt instantly. Please follow these recommendations for the first week of wear:

DAY	HOURS (max)
1	5
2	6
3	8
4	10
5	12

Maximum Wear:

While every eye is different, and different lens materials have different properties, it is a good rule of thumb to keep the maximum wear time to all waking hours minus 3. Three hours of “air time” (sleeping doesn’t count since your eye lids are closed) and one day each week with glasses is preferred. We DO NOT recommend sleeping in contact lenses regardless of the manufacturers marketing.

Be Careful With All Solutions and Drops:

Contact lenses are absorbent, like a sponge. They will absorb any fluid that they come in contact with and it is important that only contact lens solutions be used on a lens. Never use tap water to rinse. Some eye drops are approved for contact lens use and most are not - use the appropriate drop. It is not recommended to swim with contact lenses, particularly in fresh water.

Eye Infections:

You can get an infection without being a contact lens wearer, but infections in contact lens wearers can be more serious. You **MUST** stop wearing the contacts the instant you suspect an infection (red eye, sticky or crusty eye in the morning, sensitivity to light, mucous discharge, pain). You must be seen ASAP. Do not try to manage eye infections with drug store remedies.

Proper Cleaning:

Proper Cleaning now includes rubbing the contact lenses for several seconds before rinsing and storing in the case with fresh disinfecting solution. There are stronger “bugs” present in our everyday environment and more breathable materials tend to attract more deposits. Rub.

Ripped Lenses:

This happens. Lenses are thin and soft and this is what makes them so comfortable, but on occasion they will rip. NEVER wear a ripped lens, even if it’s a small edge tear.

Expiration of Contact Lens Prescriptions:

Wearing this medical device on your eye can have obvious affects on your eye health, however most adverse effects are unnoticeable and have no symptoms. They can only be detected in an eye exam. For this reason, **contact lens prescriptions expire annually**. A comprehensive eye exam and a thorough re-evaluation of the contact lens fit is required to renew a contact lens prescription. This applies even if replacement contact lenses are purchase online. Like all prescriptions, you can only fill the prescription for what is written regardless of whether it’s a pill or a contact lens. Substitutions are not permitted unless specified.