



WEARING SCHEDULE

- ☞ Always follow the recommended wearing schedule set by your doctor. Excessive wear can lead to lens discomfort, corneal distortion, blurred vision, and increased risk of eye infections.
- ☞ Even healthy well-fitted lenses put stress on the cornea. At least two hours of spectacle wear per evening will be a tremendous aid to keep your cornea healthy and reduce contact lens related problems.
- ☞ Keep your glasses prescription up-to-date and in wearable condition and worn to relieve your eyes of the stress that contact lens wear places on your cornea.

LENS REPLACEMENT

- ☞ Replace your lenses as often as prescribed by your doctor even if you follow proper hygiene measures. RGP lenses eventually become warped and the surface becomes irregular leading to poor lens performance.

SOLUTIONS

- ☞ Always use the solutions prescribed by our office. Switching solutions could result in lens/solution incompatibility, lens discomfort or infection.
- ☞ Store-brand solutions are not “the same” as the prescribed solutions.
- ☞ Saline solutions and rewetting drops are not designed to disinfect your lenses and should not be used to store your contacts over- night.
- ☞ Conditioning solutions used to store your lenses will treat the surface of the lens for better comfort and vision.

LENS CARE

- ☞ Always wash your hands before handling your lenses.
- ☞ Lenses should be cleaned immediately upon removal from your eye.
- ☞ Clean the lens by rubbing the lens in the palm of your hand or between two fingers upon removal taking care to clean both sides of the lens to the outside edge.
- ☞ Thoroughly rinse the lens before placing the lens in the case with fresh solution every night.
- ☞ Do not reuse the solution by “topping it off” in your case as this is a very common source of case/lens contamination and eye infections.
- ☞ Solution should be discarded from the case and not reused after removing the lenses.
- ☞ Rinse the case with tap water and let it air dry during the wearing cycle (once per week) to prevent bacteria, fungus, viruses and other infectious agents from living in your case.
- ☞ Replace the contact lens case every 3 months to reduce the risk of infection.
- ☞ Do not use tap water to clean your contact lenses. Avoid rinsing with tap water before inserting your lenses as this reverses the conditioning of the surface of the lens.

SYMPTOMS OF EYE INFECTION

- ☞ Sudden blurred or fuzzy vision.
- ☞ Excessive eye tearing or discharge.
- ☞ Red/irritated eyes lasting for an unusually long period of time after removal of the contact lens.
- ☞ Pain in and around the eyes.
- ☞ Increased sensitivity to light.