



### WEARING SCHEDULE

---

- ☞ Always follow the recommended wearing schedule set by your doctor. Excessive wear can lead to lens discomfort, blurred vision, and increased risk of eye infections.
- ☞ Even healthy well-fitted lenses put stress on the cornea. 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 are following proper hygiene measures.

### 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. Saline can be used to store your lenses for periods shorter than 2 hours.

### 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 on the palm of your hand upon removal. Even patients using “No-Rub” solutions should rub and rinse their lenses before storage.
- ☞ Thoroughly rinse the lens before placing it in a lens case with fresh solution every night.
- ☞ Don’t reuse the solution by “topping it off” in your lens case as this is a very common source of case/lens contamination and eye infections.
- ☞ The 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 or rinse your contact lenses.

### 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.