

Types of Contact Lenses

Contact lenses come in all types and sizes to ensure the best fit for you!

Spherical: for prescriptions without the need for astigmatism correction.

Toric: for prescriptions with astigmatism correction.

Multifocal: bifocal contacts to give the ability to read and see distance with one lens.

Monovision: one contact for near vision and one for distance vision.

RGPs: hard lenses, for high astigmatisms or complicated fits

Scleral: for irregular corneas, notably larger than RGPs

There are also different lengths of time that you can wear certain contacts:

Daily contacts are for around 12 hours of wear. They tend to be the most comfortable and are thrown away after one-time use.

There are also **weekly** and **biweekly contacts**. These lenses you wear for one to two weeks before throwing them away, taking them out every night and storing them. They are a great middle ground in terms of comfort and cost!

Monthly contacts are the most cost effective. Some monthly lenses you can wear for a full 30 days and nights as determined by the doctor, while other you have to take out every night and store them.

There are positives and negatives to all contact lens types and not all contacts can be worn by everyone. At your evaluation, we can decide what is best for you!

Contact Lens Evaluation

Contact lens evaluations are different than your annual eye exam. While we can do them on the same day, they have separate costs.

Contact lens evaluations involve evaluating the health of the surface of the eyes, fitting the contacts to your eye's cornea, ensuring that the contact lens material interacts positively with the eye, determining the water content of the lenses is appropriate for your eye, and finding your contact lens prescription. All of these things are considered in the cost of your evaluation.

Contact lens prescriptions are different than glasses prescriptions, as the contacts lay on the surface of the eye rather than in front of your eyes, like glasses.



Contact Lenses

Types, Care, and Do's & Don'ts

For first time contact lens wearers and experienced wearers who need a refresher, all contact lens wearers should be aware of how to properly care for their contacts and what options are available to them.

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Contact Lens Care

Before touching your contacts or your eyes, be sure to **wash your hands with soap and water**. If available, use a paper towel to dry your hands or use a lint free towel to avoid foreign bodies from ending up in your eyes.

If you're using weekly, biweekly, or monthly lenses, you will need to use a contact lens solution and case. There are plenty of contact lens solutions but the three we most commonly recommend are BioTrue, OptiFree, and ClearCare.

BioTrue and OptiFree are multipurpose solutions. They are used for cleaning, lubrication and storage and come with flat cases.

1. Remove one lens and place it in the palm of your hand
2. Apply a generous amount of solution and gently rub the lens against your palm with a back and forth motion.
3. Rinse the contact again to remove any loosened debris
4. Place the lens in your lens case and fill it with fresh solution. Pay attention to the R and L markings!
5. Repeat for the other contact.

Remember to rinse your cases with hot water and dry when not in use and to throw them out every 3 months!



ClearCare is a sterilizing solution and comes with an upright case with a "cage" attached to the lid.

1. With ClearCare, you don't need to pre-rinse your contacts. Simple take them out of your eyes and into the correct side of the cage.
2. Fill the barrel with the solution and then screw on the cap.
3. Allow the solution to sit for at least 6 hours!



With ClearCare, you'll notice that the solution has a **red cap**, this is to let you know: **DO NOT PUT IT DIRECTLY INTO YOUR EYES. ClearCare is a hydrogen peroxide solution designed to neutralize after 6 hours.** You don't need to rinse the contacts after the 6 hours, but if you do need added moisture, use a multipurpose solution, saline, or artificial tears that are approved for use with contacts.

Do's & Don'ts

- Remove your contacts before going swimming, using a hot tub, and when taking a shower.
- Despite popular belief, you **CAN NOT** put contacts in your mouth to rewet them as a last resort. Your mouth is full of bacteria, and doing this will leave you at a high risk for infection.
- You can use saline to rinse your contacts, but do not store your contacts in saline. Saline doesn't disinfect!
- Never reuse contact solution. When you remove your contacts from the case, pour out the old solution and allow it to dry to prevent bacterial growth.
- Rinse out your contact lens case with hot water and allow to dry when not in use and throw them out every 3 months.
- Be sure to stick to the schedule our doctors have recommended for you. "Stretching" your contact lens wear time can lead to infections.
- Don't sleep in your contact lenses! This can cause protein and bacteria to build up, causing damage to the surface of your eyes and infections. Very few contacts are designed to be slept in; ask the doctor if this is something you are interested in.
- Insert your contacts before applying makeup and remove them before washing your face.
- Try not to touch the tip of the solution bottle to other surfaces; this prevents bacteria from entering the bottle.