

WEAR & CARE INSTRUCTIONS FOR MONTHLY DISPOSABLE SOFT CONTACT LENSES

REPLACEMENT SCHEDULE: It is important to throw away your contact lenses (CL) as instructed.

- MONTHLY DISPOSABLES ARE FDA APPROVED TO BE WORN 30 “WEARING TIMES” (WT)
- FULL-TIME WEARERS: Make a consistent routine
 - Replace CL on the first of every month
 - Set a reminder on your phone every 30 days
- PART-TIME WEARERS:
 - Replace CL after 30 WT
 - OR at least 2 months from first WT (refresh soaking solution at least once a week)

If you don't pay attention to how **LONG** you have worn your CL, by the time they feel **filmy** or **dirty** or your **eyes are irritated**, you have **long over-worn** the CL.

If you wear CL less than 3x a week, consider Daily Disposables for convenience, improved comfort, & reduced risk of infection.

WEARING SCHEDULE: Give your eyes breaks from CL by taking them out 1-3 hours before bed and/or take a day off each week to let the eyes "breathe". Do not sleep overnight with CL.

| HOURS/DAY | DAYS/WEEK |
|-----------|-----------|
|-----------|-----------|

IF YOU HAVE HEALTHY EYES:

12 - 14

6 - 7

IF YOU ARE HIGH RISK:

8 - 10

4 - 5

“HIGH RISK” = dry eyes, severe allergies, HIGH prescription (4.00 or higher), recurrent previous infections or corneal ulcers or damage from previous CL overwear

OVERWEARING CL significantly increases your risk of complications that can lead to infection, damage to the front surface of the eyes, vision loss, and “*contact lens intolerance*”. If you have a very high prescription, we understand that you may not feel comfortable driving or working in your glasses. This makes it even more important to protect your eye health so you can continue wearing CL later in life (or have the option to have refractive surgery). CL overwear can back you into a corner of CL intolerance and not being a candidate for LASIK.

CALL OR TEXT OUR OFFICE: If you have eye irritation or redness

*Do not use **Visine** or **Clear Eyes** to “*get the red out*”

Symptoms of an eye infection? Red eye, itching, burning, discharge? IF YOU WEAR CL- see your EYE DOCTOR!

- **SYMPTOMS OF CL RELATED KERATITIS OR CORNEAL ULCER-** New or worsening red eye, sensitivity to light, burning, eye pain, or blurry vision (often worse when NOT wearing your CL).
- **SYMPTOMS OF CL RELATED ALLERGY OR GIANT PAPILLARY CONJUNCTIVITIS-** New or worsening red eye, mucus discharge, CL become filmy quickly or do not fit well or move excessively with each blink.

IF YOU HAVE ANY NEW SYMPTOMS- remove your CL, rinse the eyes with rewetting drops, take a break from CL wear for 1-2 days. Use Blink or Refresh tears 2-4 x a day. If the symptoms resolve, resume CL wear. If the symptoms do NOT FULLY resolve within 1-2 days out of your CL or if the symptoms return, CONTACT OUR OFFICE.

SYMPTOMS OF AN EYE INFECTION? RED EYE, ITCHING, BURNING, DISCHARGE?

CL related keratitis is often misdiagnosed as “pink eye” or allergies. See your optometrist for any eye related symptoms.
TEXT/CALL 405-778-8993 for an urgent work-in appt with Dr. Mayes.

We accept most major medical insurances and apply office visit co-pay or if you are self pay, our office visit fee is less than Urgent Care visit. We reserve work-in spots daily for patients with possible infection.

Dr. LISA MAYES, OD TEXT OR CALL **405-778-8993** & LEAVE A MESSAGE – OUR STAFF RESPONDS QUICKLY


WEAR & CARE INSTRUCTIONS FOR MONTHLY DISPOSABLE SOFT CONTACT LENSES

INSERTION OF CONTACT LENSES

1 Wash Your Hands

Before handling your CL:

- WASH hands with plain soap (No perfumed or moisturizing soaps)
- Rinse hands well & dry with a lint-free towel.



2 Rinse Your Contact Lenses

START WITH...
the RIGHT CL first if you are right-handed or LEFT CL if you are left-handed to avoid mix-ups

- ✓ Rinse CL well with fresh multipurpose (MPS) or saline solution approved by Dr. Mayes (brand name only)

Never use tap water as it contains impurities




3 Inspect Your Contact Lens

Inspect CL for defects, tears, lint, oil film.

Place the CL on your index finger
Is the CL inside out?

- Correct way looks like a bowl- pinching the edges together should easily fold inward
- Inside Out- the edges flare outward, resist folding inward, & easily flip over your finger
- Toric CL marker- astigmatism "toric" CL, have a hash mark (looks like a scratch) to help you insert CL right side up. This does not apply to regular CL- ask for help if you do not know how to line up your hash marks

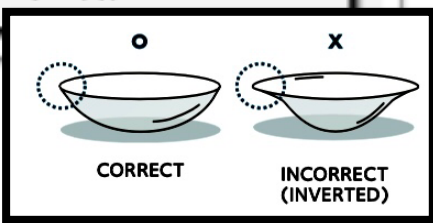


4 USE EYE DROPS FIRST IF NEEDED

ITCHY/ALLERGY EYES?
Instill **PATADAY OTC** Antihistamine drops
→ Wait 5 min before inserting CL

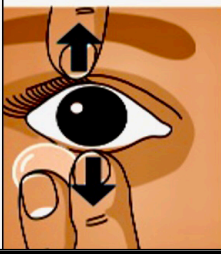
DRY/IRRITATED EYES?
Instill **OASIS PLUS**, **Blink** or **Refresh** for CL or **Optifree** rewetting drops before insertion

- MOIST CL+MOIST EYE = BETTER COMFORT
- Use as needed on top of CL during the day. If you feel like OTC drops do not last very long, **Oasis Plus** keeps CL from getting dry for several hours.



5 Place Your Contact Lenses

- Hold your upper eyelid/eyelashes with the opposite hand, pull down your bottom eyelid with the middle finger of the hand that will insert the CL. Open eyes very wide & hold lids tightly.
- Look in the mirror with your other eye or stare directly at the CL as it approaches your eye (to keep your eye from rolling up).



- Gently place the CL on the center of your eye, do not let go of your eyelids yet.
- Pause. Look up, down, left, right, then gently & slowly let go of your upper eyelid & slowly close the eye.
- Pat on top of the outer eyelid to pat out any air bubbles. If you squeeze your eyes closed too quickly you might pop out the CL.

—If you experience any discomfort or irritation, blink a few times, instill a few drops of **Refresh** or **Blink**. If the feeling persists, remove the CL & repeat all the steps above- looking more closely for lint or CL defect.

WEAR & CARE INSTRUCTIONS FOR MONTHLY DISPOSABLE SOFT CONTACT LENSES

Proper Care of Contact Lenses



Wash and dry your hands before handling your lenses.

Use a lint free towel & avoid soaps with moisturizer or fragrance



A gentle "rinse and rub" removes oils & protein & lint
Repeat before insertion & after removal of CL daily

Rub and rinse your lenses with contact lens disinfecting solution whenever you remove them. Never use water or saliva.



Dump used solution & rinse case with CL solution after each use
Do not rinse case with water
*tap water is not sterile



During the day, leave case upside down on a clean towel to air dry
*If you share your bathroom with others, it may be safer to leave caps on & rinse before each use



Use FRESH SOLUTION every night and dump out the solution after each use.



Do not sleep in your lenses.



Avoid showering, swimming, or going in hot tubs while wearing lenses.



Always be prepared with a backup pair of glasses.

WEAR & CARE INSTRUCTIONS FOR MONTHLY DISPOSABLE SOFT CONTACT LENSES

1 Wash Your Hands

Wash your hands with plain soap (no moisturizer or fragrance)

Dry your fingers with a lint free towel

Insert a few drops of **Blink or Refresh** if your eyes are dry to make it easier to remove the CL

2 Remove Your Contact Lenses

CONFIRM the CL is centered on your eye

Touch the center of the CL and press gently while you slowly look up, slide the CL downward off the center

It is easier to remove the CL when it is on the white of the eye & there will be a slight wrinkle you can grab



Carefully squeeze the CL between your thumb & index finger to remove it

3 NIGHTLY ROUTINE WITH MULTIPURPOSE SOLUTION (MPS)

BRAND NAME MPS are convenient & gentle enough to rinse in the eyes, but also slow the growth of bacteria overnight.

- Preferred brand = **OPTIFREE**
- Alternative approved brands= **BIOTRUE, BLINK REVITALENS**
- Generic MPS are NOT FDA REGULATED and should **NOT BE USED**

EACH BRAND HAS DIFFERENT PRESERVATIVES & YOU MAY BE SENSITIVE TO SOME. IF YOUR CL ARE NOT AS COMFORTABLE AFTER USING A NEW SOLUTION, GO BACK TO YOUR PREFERRED BRAND.

RINSE AND RUB- Place the CL in the palm of your hand with a few drops of MPS. Rub the CL back & forth with your finger for a few seconds. After rubbing, rinse the CL using more MPS.

Place in a clean CL case & fill the well to the top with MPS & replace the cap. Repeat the steps for your other CL.



4 WEEKLY (or NIGHTLY) ROUTINE WITH CLEAR CARE

CLEAR CARE HYDROGEN PEROXIDE- is the only solution that truly KILLS MOST BACTERIA. MPS only “slow the growth” of bacteria. To reduce risk of infection & to improve the comfort of your CL, use Clear Care at least 1-2 x a week (you can use Clear Care **EVERY** night for best results)

RINSE AND RUB- repeat your usual process as instructed above using your MPS to rinse/rub the CL.

PLACE CL IN THE CLEAR CARE BASKET- spray the CL with Clear Care. The package instructions say to spray the CL for 15 seconds. However, if you do the “rinse & rub” step with your MPS, you can just spray with Clear Care for 1-2 seconds to coat. Then fill the basket up with Clear Care to the line.

Do not shake the case once you seal the cap. Leave the CL in the Clear Care **AT LEAST 6 HOURS (OR OVERNIGHT)**. It takes 6 hours to neutralize the Clear Care to just SALINE. *You can leave the CL in the basket for several days too.*

When you are ready to wear the CL again, **rinse CL with MPS following the steps on the previous page** for insertion of your CL. **Dump the solution out** and let the basket air dry. Do not rinse with water. Do not re-use solution.

TIPS: The disk is only good for so many cycles. Once your Clear Care bottle is empty, throw away the case. Use a new Clear Care case with each bottle. If the CL burn like the peroxide was not neutralized, rinse with MPS & soak in the case with MPS for 15 minutes.