

# Patient Instructions: Contact Lens “Do’s and Don’ts”

## DO:

1. Follow your doctor’s instructions and call the office if you have any questions.
2. Report for all follow-up care. Follow-up care is of optimum importance and it is the patient’s responsibility to schedule and keep appointments. If you do not keep your appointments, you will not be issued a contact lens prescription and may be required to pay an additional fee if outside three months of the exam date.
3. Follow your wearing time schedule as prescribed by your doctor. This office recommends that you do not sleep in your lenses. By taking out your lenses you are allowing your eye to receive more oxygen. This decreases the incidence of corneal damage and the risks of eye infections.
4. Always thoroughly wash your hands before handling the lenses. Whatever is on your hands goes on the contacts and then goes into your eyes. This will greatly reduce the chances of an eye infection.
5. Clean your lenses. Today’s solutions are easier and more convenient to use than ever. Many are multipurpose solutions that even remove protein buildup. Always store your lenses in fresh solution each night.
6. Always inspect your lenses before insertion. Soft contacts can have small rips or tears in the edge that will irritate your eyes if worn. As a general rule: if your contact doesn’t look good, it will not feel good.
7. Replace your lenses as scheduled. If you are in disposable lenses remember to change them. Over-wearing lenses may cause damage to your cornea. Older lenses are more likely to rip or tear and do not provide as clear vision or give your eyes as much oxygen as a new lens. Let them go!
8. If your storage case is looking dirty, clean it with hot water, rinse with contact lens solution and let it air dry for the rest of the day with the covers off. You are ready to use it again later that evening.
9. If you drop your lens on the counter, floor, your clothes, etc. rinse it off before you put it in your eye. Close the drain if you are working over a sink.
10. Wear eye protection if you are working with machinery or performing sports like racket ball, hockey, etc. Contact lenses *do not* provide eye protection.
11. Apply hairspray, cologne/perfume, or spray deodorant before lens insertion – or keep your eyes tightly closed until the spray has settled. A sprayed lens is uncomfortable and hard to clean.
12. Avoid harmful vapors and fumes especially in work areas while wearing lenses. Wear safety glasses; work under a hood. Inform your employer that you wear contact lenses so that they can recommend safety eyewear if necessary.
13. Avoid dusty environments; wear eye protection.
14. Use caution when adjusting to temperature extremes such as ovens, fireplace, freezer, or sub-zero weather.
15. Keep a storage case and a small bottle of saline, solution, or rewetting drops with you for emergency use.
16. Apply all cosmetics after insertion of contact lens, including lotions and foundation, as well as eye cosmetics such as mascara and eye shadow.

## **DON'T:**

1. Don't wear the lenses if they have suddenly or consistently become uncomfortable.
2. Don't wear your lens if you notice a chip or a tear in the lens.
3. Don't exceed your wearing schedule by wearing lenses longer than recommended by your doctor.
4. Don't handle your lenses roughly and also avoid contact with fingernails (the #1 cause of lens damage).
5. Don't insert your lenses over a sink with an open drain. A dropped lens may look just like a water bubble.
6. Don't move around if a lens is dropped. Check your lashes, clothes, shoes, and immediate area around you before moving – a wet lens can stick to almost anything. If you step on the lens, you could ruin it.
7. Don't use any other solutions than those recommended for soft contact lenses. If you are experiencing any itching, irritation, burning, or discomfort after using your solution, let your doctor know – you might be having an allergic reaction.
8. Solutions are sterile until opened. Do not touch the bottle tip to any surface since this may cause contamination.
9. Don't try to wear a soft contact lens that was left out of solution and has become brittle and dry.
10. Don't wet lenses by putting them in your mouth.
11. Don't use tap water on soft lenses; use only saline or soft contact lens solution.
12. Don't overfill the contact lens case. An overfilled well can cause the lens to float up to the container edge and be ripped or cut when the lid is snapped or screwed down.
13. Don't use eye drops such as Visine, Clear Eyes, or any other eye drops/solutions not approved for use with contact lenses. Do not use any eye medication without medical supervision.
14. Don't sleep in your contact lenses unless approved by your doctor.
15. Don't apply eyeliner above the lower lash line. You will block glands that produce the tear film that makes the lens more comfortable.

***Do not use your lenses if your eyes are irritated, red, painful, tearing excessively, producing any discharge, or your vision is fluctuating. Check with your eye doctor to see whether any eye disorder requires treatment prior to the resumption of contact lens wear.***

**Remember to keep all follow-up appointments.**



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