

CONTACT LENS CARE AND HANDLING

NOTE:

These brands have been prescribed specifically for your eyes and lenses. Since the contents vary significantly from one manufacturer to another, do not change or substitute solutions unless you check with us first. Use of improper products may result in lens damage or eye irritation.

How well your eyes adapt to your lenses is the key factor in determining wearing time. Do not exceed the wearing schedule we have prescribed for you.

Remember, like any prescription device, contact lenses must be monitored on a regular basis. Professional follow-up care is the most important element in successful long-term lens wear. Please keep your scheduled appointments.

Patient Name: _____ Date: _____

LENS CARE INSTRUCTIONS:

Your contact lenses are prescription device with a limited useful life span. Proper care is necessary for successful wear and good eye health. The most important step in cleaning your lenses is to put the lens in the palm of your hand and rub it on both sides for 10-15 seconds (still best with the "No-Rub" solutions to rub the lenses). **NOTE: Always wash and rinse your hands thoroughly before handling your lenses.**

Clean, Disinfect, and Store your lenses with:

- Clear Care Complete Opti-Free Oxysept Renu Simplus

Additional drops or solutions: _____

WEARING SCHEDULE:

It is healthiest for your eyes and best for your lenses to take them out every night to give your eyes the oxygen they need and to keep your lenses the cleanest possible. Sleeping in your lenses increases the risk of eye infection and serious corneal injury. The more nights you sleep in them the higher the risk becomes. The longest you should ever wear a typical extended wear contact lens is six nights. The Focus Night & Day lens has been approved by the FDA for 30 days continuous wear but still carries the risk of increase infection and complications. It is better if you take them out more frequently (ex. 2 nights is better than 3 nights). After you take them out they must be cleaned and kept out overnight. If you sleep in your lenses a 6 month follow-up is recommended to check for any complications.

- Wear your lenses:
- (NSCL) 6 hrs. 1st day, then increase 2 hrs. per day up to 12-14 hrs. per day
 - (NRGP) 4 hrs. 1st day, then increase 2 hrs. per day up to 12-14 hrs. per day
 - (CRT) During sleeping hours 1st night wear in lenses the next morning
 - (ESCL or ERGP) Full time daily wear up to 12-14 hrs. per day

LENS REPLACEMENT SCHEDULE:

Replace your lenses every: Day 2 Weeks Month 3 Months 6 Months Year

NEXT APPOINTMENT: _____
 It is the patient's responsibility to keep their appointments

If you experience discomfort, redness, extreme sensitivity to light, blurry vision, pain or any other ocular related signs or symptoms, you should remove your contact lenses immediately and notify this office as soon as possible at (407) 971-1001

GENERAL CONTACT LENS AGREEMENT:

I acknowledge that I have received and understand the above instructions on the care and handling of my contact lenses. I have also been informed of the necessity for periodic examinations to monitor my eye health and condition of my contact lenses. It is my understanding that improper use and inadequate care of contact lenses can possibly cause eye irritation, infections, and corneal injury. I have been instructed on or already know insertion and removal. I have also been instructed on proper cleaning and care of my contact lenses. I understand I must wear these lenses successfully for 1 week and return for a follow-up exam before my contact lens prescription will be released. It is my responsibility to keep my appointment.

PATIENT INSTRUCTIONS

DO:

1. Follow your doctor's instructions and call the office if you have any questions.
2. Report for regularly scheduled follow up care. Follow up care is of optimum importance and it is the patient's responsibility to schedule and keep appointments.
3. Follow your wearing time schedule as prescribed by your doctor.
4. Always thoroughly wash, rinse, and dry hands before handling lenses.
5. Clean your lenses after wear and before storage to avoid build up of tough protein deposits and oily films that are difficult to remove.
6. Be thorough, but careful while cleaning a lens; they tear, chip or crack.
7. Use fresh solution in the storage case each night. Be sure lenses are completely covered with solution when storing in the case.
8. Rinse the storage case wells out with warm tap water then with saline after each use and let air dry with the covers off.
9. Sit or stand close to sink or table while inserting a lens; that way, it cannot go far or land on floor if it is dropped.
10. Re-clean lenses that have dropped on the floor or on your clothes.
11. Always close drain when working near sink. A dark face cloth or towel may also be used to cover the drain.
12. Wear eye protection now that you wear contact lenses. Racket sports, hockey, etc., demand safety eyewear to avoid serious trauma to the eye.
13. Avoid contact with sprays or aerosols (hair sprays, deodorants, spray paint, oven cleaner, etc.).
14. Apply hair spray, deodorant or spray cologne before lens insertion or keep your eyes tight closed until the spray has settled. A sprayed lens is very uncomfortable and hard to clean.
15. 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.
16. Avoid dusty environments; wear eye protection.
17. Use caution when adjusting to temperature extremes such as ovens, fireplace, freezer or sub-zero weather.
18. While inserting the lenses, some patients find it easier to hold back the eye lashes, not just the skin folds above and below the lashes.
19. Keep a storage case and a small bottle of lubricant or saline with you at all times for emergency use.
20. Apply all cosmetics after inserting contact lenses, including lotions and foundation as well as eye cosmetic 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 tear in the lens.
3. Don't exceed your wearing schedule by over wearing lenses during the adjustment period.
4. Don't wear your lenses for a maximum of hours if they have not been worn for a few days.
5. Don't handle your lenses roughly and also avoid contact with fingernails (the #1 cause of lens damage).
6. Don't insert your lenses over a sink with an open drain. A dropped lens looks just like a water bubble.
7. 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 down, you can smash or damage the lens.
8. Don't pick up a dropped lens with your fingernail or push it along a rough surface to lift it. Dampen your finger so the lens can stick to it.
9. Don't switch to a "thermal" (heat) cleaning system after using a "chemical" cleaning system and vice versa. Doing so can damage your soft lenses. Ask your doctor for specific instructions to make the transition safely.
10. Don't use any other solutions than those your doctor prescribed. Don't switch or mix brands of solution without your doctor's knowledge and approval.
11. Don't start using different brands of solution simultaneously. Introduce them one at a time so if there is a problem you can identify the cause.
12. Don't touch solution bottles to lenses or case. It can contaminate a sterile bottle of solution.
13. Don't try to wear a soft lens that was left out of solution and has become brittle or if it has taken a long time to locate a dropped lens. Put the lens in saline for at least two hours, then clean it well before wearing.
14. Don't wet lenses by putting them in your mouth.
15. Don't use tap water on soft lenses; use only saline or disinfecting solutions for rinsing.
16. Don't overfill the storage case. An overfilled well can cause the lens to float up to the container's edge and be chipped or cut when the lid is snapped or screwed down.
17. Don't put eye drops such as Murine or Visine in your eyes while you are wearing contact lenses.
18. Don't force apart a soft lens that folded over onto itself. Put the lens in the palm of your hand and soak it with saline or disinfecting solution until it works itself out with gentle massage.
19. Don't rub the lenses with towel, tissue, or shirt tail. The lens may be scratched.
20. Don't swim or shower while wearing your lenses. Any water (i.e. rain or tears) may flush lenses out of your eyes.