

Insertion and Removal Tips

General Tips:

- Hands should be washed and thoroughly rinsed before handling lenses
- A soap which is free of oils, lotions or perfumes is recommended
- Hands should be dried with a lint-free towel
- Use finger tips to handle lens (avoid finger nails and sharp objects)
- Check lens is clean, wet and damage-free

How to Insert Your Lenses:



1. Place the wet, clean "right" lens on the tip of the index or middle finger of your dominant hand (if you're right-handed this would be your right hand), and pull down the lower lid with the middle or ring finger of the same hand. Use your other hand to hold the upper lid firmly open.



2. Look directly at the lens or look directly into a mirror and place the lens directly on the cornea (the large colored circle in the center of your eye).



3. Slowly release your hold on the lid. If there are any air bubbles beneath the lens, close your eye, and with the eye closed, roll the eye gently. Another way of getting rid of air bubbles is to massage the lids very lightly. Under no condition, however, should you rub your eyes.

Removing the lens:



Look up. With middle finger, hold down lower lid. Use forefinger to slide lens to lower part of eye. Pinch lens with thumb and forefinger and remove without excessively folding the lens.

Cosmetic Tips

Being a contact lens wearer does not mean giving up wearing eye make-up.

- Make-up should be applied after lens insertion. Lenses should be removed before removing make-up
- A fast-drying, fiber free mascara is recommended
- Eye shadow in cream form or as a compact powder has been shown to be the best type for lens wearers
- Liquid eye-liner can lead to some tinting of soft contact lenses
- Eye-color pencil should not be applied directly on edge of lower eyelid – better to apply on edge of lower eyelash
- For removal of eye make-up, it is best to use a rich eye make-up remover or water-soluble cleaning emulsions
- Hand creams, sunscreens and nail polish remover should not be allowed to come into direct contact with the lenses; they can penetrate the lens
- Care should be used when applying deodorant spray, hair spray, perfume, etc. Aerosols should be avoided when lens case or lens care bottles are standing open. Eyes should be closed when spraying!
- In an incident: Contamination from cosmetics should be treated with contact lens cleaning solutions only



Contact Lens Care Packet

Instructions for Handling Contact Lenses

Wash your hands before handling your lenses. Do not use any soap containing cream, lotion, oil, or perfume.

No	Yes
SoftSoap	Neutrogena
Ivory Liquid	Ivory Bar
Caress	Opti-Soap
Dove	Clear dishwashing detergent (Joy)
Gentle Touch	Dial and Dial pump
Any deodorant soap	

Keep fingernails short, filed and clean.

Soft Contact Lens Instructions

Never let soft contact lenses become dry. Never soak them in tap or distilled water. If lenses dry out, they will become brittle. Should this occur, however, soak the lenses in saline or a contact lens multi purpose rinsing solution for two to three hours. Then, if the lenses do not appear damaged, continue with your disinfecting regimen. If the lenses are uncomfortable after you insert them, remove them immediately and call us.

You will be given solutions and instructions to care for your lenses. Always clean the lenses first and then disinfect them. To clean, put a small amount of solution in the palm of the hand and rub the lenses to remove any loose debris on the surface. After rubbing the lenses, rinse thoroughly with saline or a contact lens multipurpose rinsing solution and continue with the disinfecting segment of the care system. Store the lenses in the disinfecting solution until you are ready to reinsert them. Take them directly from the storage solution and insert them in the eyes. A lens should never be inserted that has not been disinfected by the system provided.

Soft Contact Lens Schedule

Day	Wear Time (Hours)
1	4
2	6
3	8
4	10
5	12
6	12
7	12-14

(Maximum wearing time will be determined at your follow-up appointment.)

Remember to clean and disinfect your lenses if they are stored more than 48 hours. DO NOT RUSH YOUR WEARING TIME!

Possible Contact Lens Complications

Wearing contact lenses is a reasonable method of attaining good vision as an alternative to glasses. However, wearing contact lenses is not without risk. The following conditions are possible complications of contact lenses.

You must be aware of the potential hazards and accept these relative risks in addition to the benefits of contact lenses.

1. *Contact Lens Over Wear.* This occurs when the contact is worn longer than the cornea can tolerate. Not enough oxygen gets to the cornea resulting in temporary discomfort and blurred vision. The treatment is to discontinue wearing the contact lenses for a few days.
2. *Corneal Abrasion.* This is a "scratch" on the surface of the cornea resulting from a poorly-fitting contact lens, foreign material under the contact lens or overwear. The treatments include antibiotics and possible patching of the eye. Infection may result from this condition.
3. *Allergic Reaction.* In this condition the eye becomes red and irritated in response to the cleaning and/or storage solutions. It is most often seen with soft contact lenses and is usually a reaction to the preservatives in these solutions. Treatment includes changing to different solutions and storage methods as directed by your doctor.
4. *Tight Lens Condition.* This is most often seen with soft and extended wear contact lenses. The lens, which previously had fit well, "tightens up" and does not allow tears and oxygen to the cornea. This results in pain, redness, and swelling of the cornea and can lead to a corneal abrasion. The treatment is to refit the lens.
5. *Corneal Warping.* This is most often seen with hard and gas permeable contact lenses. In this condition, the shape of the cornea becomes altered in response to the contact lenses. If severe warping occurs, the lenses may no longer fit well and discomfort results. The treatment is to discontinue wearing the contact lenses until the warping resolves, which may take weeks to months. During this healing time, the vision may fluctuate, requiring a change in the glasses prescription one or more times. Occasionally, the warping may not resolve and the astigmatism created may persist.
6. *Giant Papillary Conjunctivitis (GPC).* In this condition, there is itching, lens intolerance, and redness while wearing the contact lenses. It is more often seen with soft lenses and is generally caused by a buildup of protein on the surface of the lens. Treatments include discontinuing lens wear for a period of time, switching lens types, and switching solutions.
7. *Corneal Ulcer.* This is the most severe complication of contact lenses and is more often seen with extended wear soft lenses. In this condition, trauma or contamination to the cornea from the contact lens results in an infection. This sometimes requires hospitalization for treatment and can lead to extensive corneal scarring. Corneal transplant surgery may be required to regain good vision. Although very rare, it is possible that a patient could lose an eye from a severe corneal ulcer.

It is not possible to determine in advance whether you will become a successful contact lens wearer or not. Personal, physiological and environmental factors may require changes in the wearing schedule or termination of lens wear. Please keep your glasses prescription up-to-date in case you are unable to wear your lenses.

Adhering to the lens care system recommended is important. The risk of complications increases when you do not adhere to the lens care system prescribed for you. Switching or mixing products could cause irritation and/or permanently discolor your lenses.