

# Soft / Hard Contact Lenses



Thank you for choosing GTOC for your contact lens needs. Contact lens wear can improve the quality of your life. However, you must take proper care of your lenses and know what to do in the event of a problem. This information sheet provides important instructions. Please read it completely and keep it handy in case you have questions.

If you notice any of the following symptoms it can be serious:

- **Eye pain**
- **Redness of your eyes**
- **Cloudy, foggy or reduced vision**
- **Sensitivity to light**
- **Excessive tearing or discharge**

If you experience any of the above problems, first remove the lenses and clean/inspect them for any rips or tears. Look at the lens to be sure it is not inside out.

If the pain is gone, it's ok to put the lens on and continue wearing. If the warning signs continue after inserting the lenses, take them out of your eyes and contact the office for assistance.

## Lens Wear Schedules and Replacement Information

Your lenses may be designed to be worn daily or longer and replaced daily, weekly, monthly, or longer.

There are many different types of contact lens care solutions.

***\*\*Important:** Wearing your lenses beyond the schedule you are given may expose you to additional risk. If you choose to purchase replacement contact lenses elsewhere, please be advised that your contact lens wear schedule, care regimen, lens replacement cycle and periodic examinations will remain unchanged.*

- On your first day with your new contact lenses, you will be told to wear them a limited number of hours. Each day you will add up to 1 to 2 hours until you are up to a full day of wearing them.
- It is not recommended that you SLEEP or SWIM (you may use goggles) in contacts. This puts you at increased risk for infection/complications.
- For those patients who are fit in a lens that is FDA approved for overnight wear, clean and disinfect your contacts any time they are removed.
- Be advised that smokers are at increased risk for infection.

*Continued* ▲

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GRAND TRAVERSE OPHTHALMOLOGY CLINIC

- Apply hairspray BEFORE putting in your contact lenses.
- Apply makeup, lotions, and sunscreens AFTER you put your contacts in.
- Contact lens cases should be cleaned with gentle soap and hot water and replaced every 3 months.

## Inserting the Lenses

1. Wash your hands thoroughly with a mild soap, rinse completely and dry with a lint-free towel.
2. Make sure you are in a quiet, well-lit area, with a mirror.
3. To get into a routine, always work with the same eye first, putting the lens in and taking it out.
4. Remove the contact lens from case. Inspect the lens for any nicks or tears. If you find any, DO NOT put the lens into the eye. Make sure the lens is not inside out.
5. Place the lens on the tip of your dominant index finger. With the other hand, firmly grasp your upper lid, including lashes, applying firm pressure to your brow. With your dominant middle finger, pull down your lower lid, applying firm pressure to your cheek.
6. Place lens directly to center of eye. Go straight in and straight out. Once the lens is onto the eye, look down and then up.
7. Gently let go of the bottom lid and then the upper lid. Blink gently. Cover your other eye and look at something in the distance to make sure the contact is in place.
8. Repeat steps 4-7 for the other eye.
9. Once lenses are in eyes, dump out contact lens solution, and let case air dry upside down on a clean paper towel.

## Removing the Lenses

1. Wash your hands thoroughly with a mild soap, rinse completely and dry with a lint-free towel.
2. Look up and slowly pull down your lower lid with the middle finger of your dominant hand and place your index finger on the lower edge of the lens. Pull the lens down into the white of your eye. Keeping your index finger on the lens, squeeze the lens lightly between the thumb and index finger and remove it.
3. Clean both sides of the lens. Fill your contact lens case with new solution. Place clean lens into case. Make sure the lens is submerged in solution before putting the top on the lens case.

## Contact Lens Prescription

Your contact lens prescription will expire just like a glasses prescription does, at which time we will need to see you for an examination to assess the health of your eyes. Be sure to schedule your follow up appointment before running out of contact lenses so we can order them in a timely fashion.

- Contact lenses are medical devices that are regulated by the U.S. Food and Drug Administration and may additionally be subject to state law requirements. Maintaining healthy eyes and proper vision includes regular periodic examinations by an eye care professional. As with prescription medications, contact lenses can only be dispensed pursuant to a prescription of an eye care practitioner. If you choose to purchase replacement contact lenses elsewhere, please be advised that your contact lens wear schedule, care regimen, lens replacement cycle and periodic examinations will remain unchanged.

## Ongoing Success

Professional care does not end with the dispensing of your final lenses. Ongoing success requires ongoing care. In order to maximize success we recommend the following:

- A periodic contact lens and eye health examination as recommended for you
- Use of UV absorptive sun wear for all outdoor activities
- An up-to-date pair of eye glasses