

## Lens Care

Your contact lenses are constructed to last a certain amount of time before the material starts to erode or lose its moisture. Please keep in mind the replacement schedule that was given to you and change your lenses appropriately. If you tear a lot of lenses your first year let us know and we will help you match everything up.

You have either been given Opti-free or ClearCare solution for your contacts.

The optifree lens care and insertion video is available at

<http://www.opti-free.com/eye-doctor/Lens-Insertion-Video.asp>

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Tips for new contact lens wearers:

- Make sure your lens is not inside out. It will be nearly impossible to get in your eye, and even if you prove us wrong it will hurt and you will have to take it right back out.
- Make sure your hands are clean and your hair is not in your face.
- Make sure you put them in before using lotions or cosmetics.
- If they don't feel right TAKE THEM OUT. Don't wear a contact lens that is uncomfortable or damaged. Call us at the location where you were examined and we will figure out what to do next.
  - Irritation can be caused by allergies, dryness, bacteria/infection, a scratch or abrasion on your eye or even (gasp) pink eye. Call and we will see you to determine what is wrong and provide you with medication if needed.



When you remove your contact lenses place them in the correct side of the case and cover with fresh solution. Don't attempt to reuse solution – it's tempting fate and just icky.

### Your schedule:

MON	TUES	WED	THURS	FRI	SAT	SUN

CL's may be worn a maximum of \_\_\_\_\_ hours after initial wearing schedule is completed.

For more information on contact lenses, see this page:

<http://www.allaboutvision.com/contacts/contact-lens-tips.htm>