

Handling Soft Contact Lenses

Preparation:

ALWAYS wash and rinse your hands thoroughly and dry them with a lint free towel prior to handling your lenses.

Lens Insertion:

1. Remove one of your lenses from the case. Develop a habit of always handling the same lens first to avoid mixing up the right and left lens. Be careful to avoid contact between the lens and your fingernails (or any sharp object such as the lens case edges) to prevent tearing or puncturing it.
2. Dry your index finger with a lint free towel and place the lens near the fingertip of your index finger.
3. Check to make sure the lens is right side out. A lens worn inside out will be less comfortable and may slightly reduce vision or move excessively with blinking.
4. Inspect the lens for torn edges or debris on the lens surface. If lint or foreign material is on the lens surface, or if the lens begins to dry excessively, rinse the lens with rinsing solution and re-inspect. Never wear a damaged lens.
5. With the middle finger of the hand that is not holding the lens, pull up the upper eyelid of your eye against the brow.
6. Hold the lower lid down with the middle finger of the hand with the lens.
7. With the lids held securely and the eye looking straight ahead or up, gently place the lens on the eye.
8. After the lens is in place, remove your finger from the lens, look down slowly and release the eyelids. Close your eyes gently.
9. Open your eyes and blink. The lens should be centered on the eye.
10. If you drop a lens: Do not move excessively, search your clothes and yourself as well as the surrounding area, use a bright light to aid in your search, if the lens dehydrates, apply a few drops of rinsing solution to the lens before handling. Then clean thoroughly, rinse and soak in your multi-purpose solution at least ten minutes before wearing again.

Lens Removal:

1. Wash, rinse and dry your hands thoroughly.
2. Fill your cleaned case with the recommended soaking solution and set it aside.
3. Put a drop of multi-purpose solution or lens lubricant in your eye by holding your lower lid down, looking up, and dropping a drop on the lower part of your eye. Do not touch the tip of the bottle to your eye.
4. Look up and pull your lower lid down with your middle finger.
5. Place your index finger on the lens and gently slide it down to the lower part of your eye.
6. Continue to hold the lens down with your index finger as you touch the lens with your thumb. Squeeze the lens lightly between your index finger and thumb and lift the lens off the eye. Be careful not to pinch the lens excessively.
7. If the lens folds and sticks together, be sure to apply multi-purpose solution to the lens before attempting to separate the edges.
8. Follow the recommended cleaning and storage procedure and repeat for the other eye.

General Soft Contact Lens Guidelines

- **Always** wash, rinse and dry your hands with a lint free towel prior to handling your lenses.
- Avoid **soaps** containing additives such as lanolin, lotions, creams, oils or perfumes. Consider using soap made especially for use with contact lenses.
- If you are handling your lenses near a **sink**, make sure the drain is closed &/or place a washcloth in the bottom of the basin.
- **Wear** your lenses in accordance to the schedule we have recommended for you.
- Use only those contact lens **solutions** we have recommended for you. Not all solutions are compatible with each other or your lenses and may be potentially dangerous to your eye.
- Many ingredients in **eye drops** may damage a contact lens. Do not use eye drops with your lenses unless they specifically note they are approved for soft contact lenses.
- Never place a lens in your **mouth**. Bacteria normally found in your mouth can cause severe eye infection.
- Do not **sleep** in your lenses unless you have been fit with lenses specifically designed for extended-wear.
- Do not **swim** wearing your contact lenses as your eyes may be damaged, or your lenses lost.
- All contact lens wearers, with few exceptions, need a pair of **spectacles** for emergencies and for rest from contact lenses.
- A pair of non-prescription **sunglasses** will help protect your eyes outdoors.
- Do not hesitate to call us if you have any **questions** concerning your contact lenses at (727) **734-8843**.

Cosmetics and Misc. Hygiene Products:

- Only apply **hand or facial creams and makeup** after inserting lenses. Always remove your lenses before removing make-up.
- Use **water-based** make-up if possible.
- Use a good quality but water-resistant **mascara** and replace it every 3-4 months because it may become contaminated. Be careful to avoid touching your eye with the wand or brush during application.
- Never apply **eyeliner** on the inside of the lash line and make sure your eyeliner is water-soluble.
- **Saliva** should never be used on your lenses or around your eyes. Do not wet make-up applicators with saliva.
- **Hair spray** and chemicals (including deodorant) must be used with great care. Droplets from the spray can be difficult or impossible to remove from the lens surface. Be sure to close your eyes when applying hair spray. Walk away from the area where the spray was used as a mist usually lingers in the air. If possible use hair spray before inserting your lenses.
- If **chemicals splash into your eyes**, remove the lenses and flush the eyes liberally with a steady, low stream of water for at least 10 - 15 minutes. If lenses cannot be removed, wash the eyes with the lenses in. Notify us immediately.

Soft Contact Lens Care

There are three steps to ensure proper lens care: **1.** Cleaning, **2.** Rinsing and **3.** Soaking/Disinfecting. Each step serves an important function and should not be omitted from the care regimen every time the lenses are removed from your eyes.

Your doctor will determine which system is best for you (circled on page one of this booklet.) Never mix or alternate solution or disinfection systems without first consulting your doctor. To do so may result in eye irritation or damage of your lenses.

For detailed instructions on cleaning, rinsing and disinfecting your lenses, refer to the instructions in your care kit.

Soft Contact Lens Adaptation

Complete adaptation to lenses normally takes from one to two weeks.

Normal Adaptation Symptoms Include:

- Vision may be a little watery and may change as you blink.
- The sensation much like a small eyelash in the eye. This feeling gradually disappears.
- You may notice mild redness, tearing or itching of the eyes.
- Awareness of lens movement or increased blinking may be noticed. It is important that you continue to blink fully and completely.
- You may be sensitive to bright light. This sensitivity will lessen, but a good non-prescription pair of sunglasses will often provide the greatest comfort outside.

Signs of Caution: **When in doubt, take them OUT,** and contact us at (727) 734-8843

- Persistent or severe redness
- Continued or excessive tearing
- Extreme light sensitivity
- Inability to open eyes
- Pain

Blinking

Correct blinking is essential in order to obtain successful contact lens wear. An incomplete or partial blink sometimes occurs during adaptation when the lids may “notice” the lens more. It's important to overcome this tendency and to maintain a full blink. Although it may increase awareness of the lens initially, it will improve long-term comfort and success with wear. Correct blinking is relaxed with full gentle closure of the eyelids. Don't squint or squeeze the eye shut.