

GENERAL INSTRUCTIONS FOR SOFT CONTACT LENS WEAR

Welcome to the world of contact lenses. We will be helping you over the next few weeks with training and evaluation of your new contact lenses. Dr. Randall Lum recommends that all new contact lens patients gradually build up their wearing time. Comfort is your guide. If your eyes are constantly dry or your vision is "foggy", take the lenses out. Begin with 6 hours of wear the first day, and add 2 hours of wearing time each day thereafter. If you do not wear your contact lenses for one day or more, when you restart your wear, resume the wearing schedule where you left off.

Proper cleaning and disinfection of your contact lenses is essential. Before handling your lenses, always wash your hands with soap and warm water. Unless otherwise directed by Dr. Lum, care of your lenses will include the following:

- 1) Nightly cleaning and rubbing.
- 2) Rinsing of contacts.
- 3) Disinfection of contacts with solution.
- 4) Rinsing of contact before insertion.

Most contact lens solutions available today say "NO RUBBING" needed. However we still recommend a gentle rubbing of the contact lenses each night to remove the maximum amount of protein and oils from the contact lens surface. Think of your dishwashing machine at home. If you do not gently scrape excess food from the plate before washing; you get a sterile dish with small bits of food particles stuck to the plate when you are done running the dishwasher. You produce a much cleaner surface by doing a gentle mechanical rubbing which translates into a more comfortable contact lens. Only one day contacts do not require any cleaning. Instructions number 1 an ALL contact lens solutions is to shoot a stream of CL solution on one side of the lenses for 5 seconds and then flip over the lens and spray for another 5 seconds. This is a total of 20 seconds per day of solution for your contact lenses. If you are not doing this you need to rub your contact lenses each night.

Soft contact lenses must always be kept wet. Feel free to use contact lens rewetting drops as often as needed. Do not use tap water except in emergency situations. Never wet your contacts by placing it in your mouth. Using rewetting drops before and after contact lenses insertion and removal can be helpful if your eyes are drier.

Never sleep with daily wear contact lenses. If the lenses are inadvertently slept in, place several drops of rewetting drops or multipurpose solution in your eyes and blink several times. Make sure the lenses are moving freely on your eyes then remove them. The new 30 day extended wear contacts are the only lenses that we recommend for extended wear. These new lenses may be slept in for a maximum of 30 continuous days.

We do not recommend wearing contact lenses when swimming. Chlorinated water or salt water can be absorbed into the lenses causing eye irritation and discomfort. Hot tubs breed bacteria, due to the high temperatures, and can lead to serious eye infections.

Try not to wear your contact lenses if you are ill or using medications for colds, flu, or are having severe allergy problems. These types of medications can cause dryness and discomfort when wearing contact lenses.

Do not use sprays around the eyes. Liquids and vapors including smoke can be absorbed by the lenses. If hair spray is used while the contact lenses are on, keep your eyes closed until the spray has settled (hair spray can not be removed from contact lenses). Always apply make-up after lens insertion.

If you are having problems with your contact lenses, call for a follow up appointment. Continue to wear your contact lenses unless we advise you to discontinue wear or if there is pain or discomfort. At the time of your appointment remember to bring your glasses & contact lens case.

We do not recommend any products containing thimerosal or chlorhexidine. Please ask us if you have any questions about a particular care product. Once again feel free to call our office at anytime for further information or advice.