

Handling and Caring for Soft Contact Lenses

Summary

Soft Lens Instructions:

1. Wash Hands
2. Rinse lens
3. Inspect Lens
4. Insert Lens
5. Wash Hands
6. Remove Lens
7. Clean Lens
8. Disinfect Lens

Instructions for Handling Contact Lenses

Wash your hands before handling your lenses. Do not use any soap containing cream, lotion, oil or perfume. Keeps nails 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 discard the lenses. If your lenses are uncomfortable after insertion, simply remove and seek advice from your Optometrist.

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 the solution in the palm of your hand and rub the lenses to remove any loose debris on the surface. After rubbing the lenses, rinse thoroughly with solution or saline and continue with the disinfecting part of the care system.



Store the lenses in the disinfecting solution until you are ready to wear them once more. At which time simply remove them from the storage solution, rinse with saline (or solution) and reinsert in your eyes. A lens should *never* be inserted that has not been disinfected by the care 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

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. Though contact lenses provide an alternative method of attaining good vision, they are not entirely without risk. For that reason it is important to keep your spectacle prescription and glasses up-to-date.

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 discolour your lenses.

A lens should be brought back to your practitioner for evaluation if:

1. It accumulates deposits, is no longer comfortable, or becomes discoloured and cannot be restored to its original condition using the methods in this guide.
2. It becomes scratched, chipped or cracked in the case of gas permeable lenses.

If you experience **redness, secretion, visual blurring** or **pain** with a contact lens it is important to remove it at once. Should the symptoms subside, the lens can be cleaned and reinserted. If the lens is removed and the symptoms do not subside, or reappear upon reinsertion, remove the lens immediately and **contact your Optometrist**.

Contact lenses require proper care and handling. They must pass many rigid tests to insure proper power, shape and durability. Contact lenses do not develop tears, nicks or scratches by themselves. They are only caused through natural wear and tear or mishandling of the lenses by the customer. How well you care for and handle them will determine how long they last. Failure to do so could damage your lenses.

Contact lens fitting may require a number of follow-up visits, in some cases two or three in the first three months. These visits are important to ensure the proper fit of the lenses and health of your eyes. Please ensure you keep any appointments made for you and contact the practice at least 24 hours in advance of your being unable to attend.

A contact lens prescription does not exist until your Optometrist is satisfied that any lenses trialled provide an acceptable fit.

Contact lens appointments are mandatory yearly for prescription renewal.

Your cooperation is vital to your success in wearing contact lenses.

