

DISPOSABLE CONTACT LENS INSTRUCTIONS

1. Wash hands with a non-perfumed, non-lotion soap before inserting lenses and before removing lenses.
2. Use fresh solution daily for storing and cleaning contact lenses. Also, use only the recommended solution. The recommended solution for you is _____. If the solution bottle says "No Rub" you will still need to rub the contact lens in the solution before placing it in the case for storage.
3. Before inserting the contact lens, make sure the contact lens is not inside out. You may do this by examining the edges of the lens or using the "taco test."
4. Before inserting the contact lens, use any aerosol products or hair products first. Apply make-up after inserting the contact lenses.
5. It is generally easier to insert the contact lens if your fingertip is dry.
6. You should expect an awareness of the lens for the first few days after insertion. You should not expect severe discomfort or pain.
7. Always use sun protection when outside to shield your eyes from not only the sun but also wind and blowing debris.
8. Do not sleep in contact lenses unless instructed otherwise. Also, do not shower or swim with your contact lenses in. These activities increase risk for infection.
9. Wear your contact lenses to all subsequent appointments, unless you are experiencing any pain or if the eyes are red and painful.

REMINDERS:

If at any time your eyes become irritated, red, or cause you any pain, discontinue contact lens wear and notify our office immediately.

When starting out in contact lenses you should build up your wear time gradually. Follow the schedule listed below:

New Wearer's
Contact Lens Schedule
Day 1.....4 hours
Day 2.....6 hours
Day 3.....8 hours
Day 4.....10 hours
Day 5.....12 hours
12 hours thereafter

Contact lens:_____

Disposal schedule:

1 day 2 weeks

1 month other_____