

Contact Lens Patient Education Form (version 1)

Do

Wash your hands with soap and water before touching your eyes or contacts.

Remove lenses before going to sleep. **NEVER** sleep in your contacts.

Clean your contacts with solution every night after removal.

Rub your lenses for 15 seconds when cleaning. Even though the solution box says “no rub,” you should rub.

Use fresh solution, never reuse solution from day to day.

Dispose of your contacts every: DAY WEEK 2 WEEKS MONTH YEAR

Clean case every few days with soap and hot water. Let air-dry.

Replace your contact lens case every 2-3 months or sooner. Many solutions come packaged with a new case.

For new wearers. Increase your wear time in 2-hour increments.

| | |
|---------------------------------------|----------|
| First Day (Day you received contacts) | 4 hours |
| Second Day | 6 hours |
| Third Day | 8 hours |
| Fourth Day | 10 hours |

This schedule is VERY important as your eyes need to adjust to contacts gradually.

Be sure to come back for your scheduled 1 week follow up appointment. This enables the doctor to recheck your lenses and recheck the health of your eyes after wearing contacts. **Your prescription will not be finalized until after your 1-week appointment.** Be sure to wear the contacts at least 2 hours prior to your follow-up.

Remove and dispose of contacts if eyes are red / irritated.

Call us ASAP if you develop redness, irritation, decreased vision, discharge, or sensitivity to light.

Don't

NEVER sleep in contacts.

Never wear contacts for more than the allotted wear schedule. (Ex. 1 month replacement means replace in one month, not 30 wears. Even if you only wore them 10 times in the month, still replace the contacts).

Never shower or swim in your contacts.

Never clean or store contacts in water

Never wear torn contacts.

Never rub eyes with contacts in.

Never wear contacts if eyes are red or irritated.