

# Contact Lenses Instructions for Use

## Contact lenses wearing schedule

Day	Hours
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

Current lens R

L

Current solutions

Maximum wearing time  hours

Next appointment

## Please read carefully

### Contact Lenses - DOs and DON'Ts!

Here are a few tips to help you look after your contact lenses and your eyes!

Good hygiene is essential for contact lens wearers. Following the proper guidelines for contact lens care will greatly reduce the risk of infection and damage to the eye.

### DOs

- ✓ Always wash, rinse and dry your hands thoroughly before handling lenses.
- ✓ Always use the solution provided by your optician to rinse, clean, store and re-wet your lenses - (except single-use lenses, which should be discarded after each wear).
- ✓ Do attend regular contact lens check-ups and remember to bring back-up spectacles with you.
- ✓ Stick strictly to the recommended wearing schedule and replacement frequency.
- ✓ Clean your lens case daily with multi-purpose solution or boiling water and leave to air dry on a clean surface.
- ✓ Replace your lens case every three months.
- ✓ Apply hairspray **before** putting in your lenses.
- ✓ Apply eye make-up **after** putting in your lenses, and remove make-up once the lenses have been taken out.
- ✓ Make sure you have an adequate supply of replacement lenses or a spare pair.
- ✓ Always have spare lenses and solutions when travelling.

- ✓ Handle carefully to avoid damaging the lens.
- ✓ Check the lens is not inside out before inserting (applies to soft contact lenses only).
- ✓ Do keep tops on solution bottles and check use by dates.
- ✓ Discard lenses and solutions that are past their expiry date.
- ✓ Replace your lenses if they become damaged or scratched.
- ✓ Wear only the lenses specified by your contact lens practitioner.
- ✓ Have an up-to-date pair of spectacles for when you need to remove your lenses (if possible).
- ✓ Seek your Doctor's permission before taking medicines or using topical eye products.
- ✓ Remove your lenses and contact your practitioner if you have vision changes, redness of the eye, eye discomfort or pain and excessive tearing.
- ✗ Don't insert a lens that has fallen on an unclean surface, without cleaning and rinsing first.
- ✗ Don't insert a lens if it is dirty, dusty or damaged.
- ✗ Don't re-use or top up solution – discard and replace with fresh solution each time lenses are stored.
- ✗ Don't decant solution into smaller containers.
- ✗ Don't leave lenses in the case for more than seven days without cleaning and storing them in fresh solution.
- ✗ Don't change the solution you use except on the advice of your practitioner.
- ✗ Don't use any eye drops without advice from your contact lens practitioner.
- ✗ Don't wear your lenses longer than prescribed by your practitioner.
- ✗ Don't ignore any usual eye conditions such as redness, eye pain, irritation or excessive tearing – consult your optician immediately or attend A&E.

## DON'Ts

- ✗ Never use saliva or any type of distilled, bottled or tap water to rinse, clean, store or re-wet your lenses or your lens case.
- ✗ Avoid using perfumed or medicated soaps which might cause irritation to the eye.
- ✗ Never share your contact lenses with anyone, as this can spread infections.
- ✗ Avoid wearing your lenses if you are unwell, run down or have a cold sore.
- ✗ Never sleep in your contact lenses unless your optician has advised otherwise as most lens types are unsuitable and unsafe for this purpose.
- ✗ Don't wear daily-wear lenses during sleep (applies to soft contact lenses only).
- ✗ Don't wear your lenses when showering.
- ✗ Don't use your lenses for swimming, hot tubs or water sports.

You will be asked to sign a disclaimer form, agreeing that you have read and understood the above advice.

## Appointments

If you are unable to keep your appointment, please phone the booking office on 01392 406922 to arrange an alternative date. Please wear your contact lenses to the appointment if possible.

## Emergencies

In the case of an emergency (e.g. pain, sudden loss of vision and redness with discharge) contact the eye room on 01392 402399, where a trained nurse will advise accordingly.

## Contact us

Optometry department..... 01392 406037

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