



PRIMARY EYE CARE CENTERS

Treatment & Management of Ocular Disease

Patient instructions: Contact Doø and Donøts

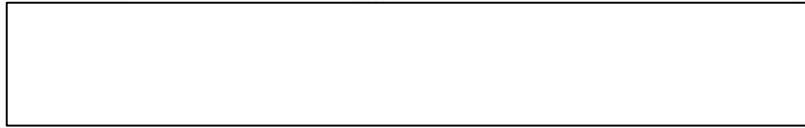
Do:

1. Follow your doctorø instructions and call the office if you have any questions
2. Report for regularly scheduled follow up care. Follow up care is of optimum importance and it is the patientø responsibility to schedule and keep appointments.
3. **Always** thoroughly wash rinse and dry hands before handling lenses.
4. Follow your wearing time schedule as prescribed by your doctor.
5. Clean your lenses after wear and **before** storage to avoid build up of tough protein deposits and oily films that are difficult to remove.
6. Be thorough, but careful while cleaning a lens, they can tear, chip or crack.
7. Use fresh solution in the storage case each night. Be sure lenses are completely covered with solution when storing.
8. Rinse the storage case wells out with warm tap water then with saline after each use and let air-dry with the covers off.
9. Sit or stand close to a sink or table while inserting lenses. That way, it cannot go far or land on the floor if dropped.
10. Re-clean lenses that have dropped on any surface before inserting them into eye.
11. Always close drain when working near a sink. A dark washcloth or towel may also be used to cover drain.
12. Wear eye protection now that you wear contacts. Racket sports, hockey, etc. demand safety eyewear to avoid serious trauma to the eyes.
13. Avoid contact with sprays or aerosols (hair sprays, deodorants, spray paint, etc.).
14. Apply hair spray, deodorant, or spray cologne before lens insertion, or keep your eyes tightly closed until the spray has settled. A sprayed lens is very uncomfortable and hard to clean.
15. Avoid harmful vapors and fumes especially in work areas while wearing lenses. Wear safety glasses; work under a hood. Inform your employer that you wear contact lenses so that they can recommend safety eyewear if necessary.
16. Avoid dusty environments; wear eye protection.
17. Use caution when adjusting to temperature extremes such as oven, fireplace, freezer or sub-zero weather.
18. While inserting the lenses, some patients find it easier to hold back the eyelashes, not just the skin folds above and below the lashes.
19. Keep a storage case and a small bottle of lubricant or saline with you at all times for emergency use.
20. Apply all cosmetics after inserting the lenses, including lotions and foundations as well as eye cosmetics such as mascara and eye shadow.



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Patient instructions: Contact Do's and Don'ts

Don't:

1. Don't wear the lenses if they have suddenly or consistently become uncomfortable.
2. Don't wear your lens if you notice a chip or tear in the lens.
3. Don't exceed your wearing schedule by over wearing the lenses during the adjustment period.
4. Don't wear your lenses for a maximum of hours if they haven't been worn for a few days.
5. Don't handle your lenses roughly and also avoid contact with fingernails (the #1 cause of lens damage).
6. Don't insert your lenses over a sink with an open drain. A dropped lens looks just like a water bubble.
7. Don't move around if a lens is dropped. Check your lashes, clothes, shoes and immediate area around you before moving. A wet lens can stick to almost anything. If you step down, you may smash or damage the lens.
8. Don't pick up a dropped lens with your fingernail or push it along a rough surface to lift it. Dampen your finger so the lens can stick to it.
9. Don't switch brands of solution. Use only the brand that your doctor prescribes. Changing and mixing of different brands of solution can cause allergic reactions.
10. Don't touch solution bottles to lenses or case. It can contaminate a sterile bottle of solution.
11. Don't wear a contact lens that has been left out of solution and has become brittle or if it has taken a long time to locate a dropped lens. Put the lens in the saline for at least two hours, and then clean it well before wearing.
12. Don't clean lenses by putting them in your mouth.
13. Don't use tap water on soft lenses; use only saline or disinfecting solutions for rinsing.
14. Don't overfill the storage case. An overfilled well can cause the lens to float up to the container edge and be chipped or cut when the lid is snapped or screwed down.
15. Don't use eye drops that don't have "contact rewetting drops" or "for contact lens relief" written on the bottles, unless otherwise prescribed by your optometrist. NEVER use drops that "get the red out".
16. Don't force apart a lens that has folded over onto itself. Put the lens into the palm of your hand and soak it with saline or disinfecting solution until it works out with a gentle massage.
17. Don't rub contact with towel, tissue, or shirttail. This may scratch the lens.
18. Don't swim or shower while wearing your lenses. Any water (i.e. rain or tears) may flush lenses out of your eyes. The lenses also absorb any bacteria that is in the water, which could lead to serious infections; even vision loss.
19. Don't wear your lenses if you have a cold, flu, or if you have itchy eyes from allergies.
20. Don't leave your contacts in "hot spots", i.e. TV tops, glove compartments, window sills, hot sand, etc., they can melt or warp.
21. Don't sleep in your lenses without your doctor's approval.
22. Don't ride in open cars without eye protection. The lenses can blow off the eye.
23. Don't use moisturizing or cold cream soaps, they can leave a greasy residue on your hands and lenses.
24. Don't apply eyeliner **above** the lower lash line. That will block glands that produce the tear film making contact lens wear uncomfortable.