

Soft Contact Lens Care

- It is okay to use these brands for your nightly cleaner (applies for all contact lenses that are not daily disposable):
 - Clearcare Plus (must be left in solution for at least 6 hours or it will burn the eyes)
 - Revitalens (must rub and rinse contact lenses)
 - Biotrue (must rub and rinse contact lenses)
 - Opti Free Pure Moist (must rub and rinse contact lenses)
 - Do not use **generic** contact lens cleaning solutions (example: CVS store brand multipurpose cleaning solution -- I do not recommend these)



- **Safety:**
 - Do not wear lenses beyond the time they are allotted for (a monthly lens should be thrown out at the 1 month mark **from when it was opened** -- one month does not mean the wear time)
 - Do not sleep in contact lenses
 - Do not shower in lenses
 - Do not rinse lenses with tap water
 - Do not swim in contact lenses
 - Do not touch contact lenses unless your hands are clean and washed with soap
 - Do not store lenses overnight in saline water
 - Do not wear contact lenses if you feel eye pain or irritation -- this can lead to an eye infection
 - Contact lenses are medical devices that can cause blindness if used without caution
- **Important Habits:**
 - Try to wear lenses only when needed. Take a break from contacts by wearing your glasses whenever you can. Soft contact lenses prevent the eye from breathing, so overwearing contact lenses can cause issues down the line such as *corneal neovascularization*

- Always have backup glasses in the event you cannot wear contact lenses
- Carry a backup pair for contacts with you when traveling or out of the house
- If your current contacts in the eye are irritating or hurting, take them out and put in a new fresh pair. If the new pair also feels uncomfortable, stop contact lens wear for the day. If the discomfort persists for more than a day, see an eye doctor right away
- **Lens Case Care:**
 - Lens cases should be changed every 1-2 months
 - Lens cases should be rinsed and the solution changed every day
- **Lubricating Eye Drops:**
 - Single-vial preservative-free eye drops are recommended such as:
 - Refresh Mega-3 Optive Preservative-Free
 - Systane Ultra Preservative-Free
 - Ivizia Preservative-Free
 - The small single vials **last 24 hours** and must be thrown out after that time
 - The bottle drops last until their expiration date
 - Because they are preservative-free, you may use as many drops in each eye as you need for the day



- If you buy bottled eye drops that are not preservative-free, do not use these drops more than **4 times** a day due to the chemical preservatives in the bottle -- I do not recommend bottled eye drops
- Do not use medicated eye drops while your contact lenses are in your eyes
- Do not use Visine or any “get the red out” eye drops

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Contact lenses are a medical device that can cause blindness and infections if not cleaned, cared for, or used properly. We take the time to go over every step of the process multiple times to ensure the correct use of contact lenses is adhered to. Please sign below acknowledging your completion of our initial portion of contact lens training and confident understanding of proper lens care and use.

PATIENT SIGNATURE

DATE

DOCTOR SIGNATURE

DATE