



864 269-3333 • 864 801-8038

## CONTACT LENS WARNINGS AND RECOMMENDATIONS

1. Never insert lenses if eyes are red and/or irritated. If irritation occurs during wear, remove lenses immediately. If irritation and redness persists upon removal, call your eye doctor immediately.
2. Prior to insertion always inspect contact lens for any defects, never wear a lens that appears damaged.
3. Put in your contact lenses before applying any makeup or lotions to avoid contaminating your contact lens.
4. Do not use any over-the-counter eye drops not recommended or prescribed by the practitioner (specifically, medications to reduce redness or dry eyes unless advised by the prescriber).
5. Do not wear lenses longer than prescribed. Closely monitor advised daily wearing schedules and increase wearing time only as recommended.
6. **Never sleep in your contacts!** While your eyes are shut, tears cannot carry healthy amounts of oxygen to the eye, like during the waking hours. As a result, your contact lenses will become dry and stick to your eyes.
7. Dispose of contact lenses as prescribed. Disposable and planned replacement lenses are approved for specific durations of time only and disposal dates should be carefully monitored and followed.
8. Do not wear lenses in environments that contain air-borne chemicals or irritating fumes.
9. Avoid using aerosols such as hairsprays, perfumes, air fresheners, cleaning products, etc., when wearing contact lenses. Aerosol residue can linger in the air for several minutes. Areas in which an aerosol product has been used should be avoided for several minutes to allow the chemicals to disperse and settle.
10. Store lenses in the recommended solutions when not wearing. Do not store lenses in a dry case with no solution. Soft lenses will dry out quickly and become brittle. Discard any soft lens that has become dry.
11. Never reuse cleaning or disinfecting solutions. Solutions should be discarded after every use.
12. Replace contact lens storage cases on a frequent basis.
13. Only use the recommended solution and cleaners. Do not mix or alternate brands.
14. Monitor expiration dates on all solutions. Discard any remaining solution that has passed the expiration date.
15. Never store or rinse lenses in tap water.
16. Never use saliva or put lenses in mouth to rewet. Saliva contains bacteria that can cause serious infection and damage to the eye.
17. Call our office with any questions regarding the wear and maintenance of the contact lenses or if any unusual pain, irritation, or redness occurs.
18. If a new wearer, build your wear time up, starting with 4 hours the first day and build by 2 additional hours each day. Normal recommended wear time is not to exceed 10 hours in a given day.
19. Notify your general practitioner that you are a contact lens wearer in the event you are prescribed any temporary or long-term medications. Various prescribed medications can alter tear production, corneal shape, or cause swelling. Contact lens wear may need to be suspended for the duration of treatment if recommended by your general practitioner or contact lens prescriber.
20. It is strongly recommended that every contact lens wearer have a current pair of eyeglasses. If eyes become irritated due to allergies, infection, or any other ocular condition or injury, contact lens wear may be suspended for an indefinite length of time requiring the patient to wear eyeglasses with their most current prescription.