

SOFT CONTACT LENS INFORMATION

Congratulations! You have been fit with quality contact lenses designed specifically for your visual correction. We have exercised all of our knowledge and skill in providing you with the best fit possible. However, successful contact lens wear can only be achieved if the lenses are handled and cared for properly. The vision, comfort and safety you experience during lens wear depends upon how well you clean/disinfect your lenses, when and how long they are worn, how carefully you apply and remove them, and upon following the appropriate recommended contact lens replacement schedule.

The following information should be followed closely in order to obtain truly successful contact lens wear.

30min

*Be sure to have worn your lenses [REDACTED] at the time of your next visit unless specifically instructed otherwise.

SOFT CONTACT LENSES

Soft contact lenses are made of materials which are composed of 30%-80% water resulting in a lens that is flexible and "soft" which conforms to the shape of the eye. Standard *spherical* soft lenses are not effective in correcting astigmatism. A special soft lens, called a *toric* soft lens can be used to correct astigmatism and provide clear vision.

Soft lenses are very comfortable when initially placed on the eye. Very little adaptation to "the feel" of the lens on the eye is required. For this reason, wearing time may vary from day-to-day and soft lenses work well for part-time wear as well. A soft lens is also excellent for patients active in sports, as they are less likely to become dislodged from the eye.

The cornea, or front tissue of the eye, is covered when a contact lens is placed on the eye. Corneal tissue requires oxygen from the atmosphere to remain healthy. A soft contact lens allows oxygen to pass directly through the lens to the eye. The amount of oxygen supplied is dependent upon the thickness and water content of the lens.

Soft lenses do require proper care for safe and comfortable wear and can be damaged by tearing or build-up of deposits on the lens surface. The average life of a soft lens varies from 1 day to 3 months. You and your doctor will determine the best replacement schedule for you.

HANDLING SOFT CONTACT LENSES

PREPARATION

ALWAYS Wash and rinse your hands thoroughly prior to handling your lenses. Dry them with a lint-free towel.

LENS APPLICATION

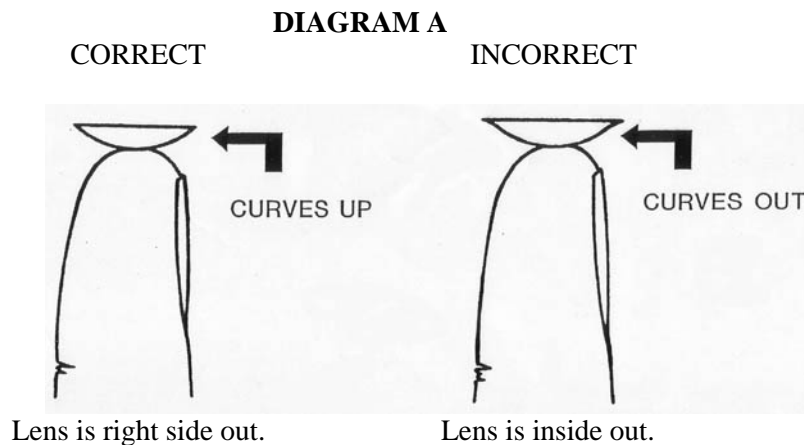
1. Remove one of your lenses from the case. Develop a habit of always handling the same lens first to avoid mixing the right and left lens. Be careful to avoid contact between the lens and your fingernails (or any sharp object such as the lens case edges) to prevent tearing or puncturing it.
2. Dry your index finger with a lint-free towel and place the lens near the fingertip.
3. Check to make sure the lens is right side out (see diagram A below). A lens put in inside out will be less comfortable and may slightly reduce vision.
4. Inspect the lens for torn edges or debris on the lens surface. If lint or foreign material is on the lens surface, or if the lens begins to dry excessively, rinse the lens with rinsing solution and re-inspect. **NEVER WEAR A DAMAGED LENS.**
5. With the middle finger of the hand not holding the lens, pull up the upper eyelid of your eye against the brow.
6. Hold the lower lid down with the middle finger of the hand holding the lens.
7. With the lids held securely and the eye looking straight ahead or up, gently place the lens on the eye.
8. After the lens is in place, remove your finger from contact with the lens, look down slowly and release the eyelids. Close your eyes gently.
9. Open your eyes and blink. The lens should be centered on the eye.

10. If you drop a lens:

- a. Do not move excessively (to avoid stepping on the lens)
- b. Search your clothes and yourself, as well as the surrounding area
- c. Use a bright light to aid in your search
- d. If the lens dehydrates (dries), apply a few drops of rinsing solution to the lens before handling. Then clean thoroughly, rinse and soak in saline for at least ten minutes before placing on the eye.

11. If a lens is uncomfortable or vision is blurred when the lens is applied to the eye, try removing the lens, then cleaning, rinsing, and reapplying it. If the discomfort or blur persists, remove the lens and call us. **NEVER WEAR A DAMAGED LENS.**

12. After lens application, clean your case with hot tap water and allow it to air dry.



LENS REMOVAL

1. Again, wash rinse hands thoroughly.
2. Fill your cleaned case with the recommended soaking solution and set aside.
3. If the *eye* and/or contact lens feels dry, removal may be easier if a drop of saline or lens lubricant is placed in the eye first.
4. Look up and pull your lower lid down with your middle finger.
5. Place your index finger on the lens and gently slide it down to the lower white part of your eye.
6. Continue to hold the lens down with your index finger as you touch the lens with your thumb. Squeeze the lens lightly between your index finger and thumb and lift the lens off the eye. Be careful not to pinch the lens excessively.
7. If the lens folds and sticks together, be sure to apply saline to the lens before attempting to separate the edges.
8. Follow the recommended cleaning and storage procedure and repeat for the other eye.

SOFT CONTACT LENS CARE

There are three steps to proper contact lens care: **1. Cleaning, 2. Rinsing, and 3. Soaking/ Disinfecting.** Each step serves an important function and should not be omitted from the care regimen. The complete care regimen must be followed every time the lenses are removed from your eyes. They can be disinfected by using one of the systems below:

1. Chemical Disinfection System
2. Hydrogen Peroxide System

Your doctor will determine which care system is best for you. Never mix or alternate solution or disinfection systems without first consulting your doctor. To do so may result in eye irritation or damage of your lenses.

CLEANING

In order to obtain maximum comfort, vision and proper disinfection, your lenses must be cleaned daily to remove the build-up of mucous and film.

- After removal from the eye, place the lens in the palm of one hand and place two or three drops of cleaning solution in the bowl of the lens.
- Gently rub the lens for at least 20 seconds between your palm and the index finger of the opposite hand. Rub in a straight line motion (avoiding circular motions). Take care to avoid contact between your fingernails and the lens.
- Turn the lens over and repeat.
- If a cleaner for removal of protein is recommended, see the section **PROTEIN REMOVAL**

RINSING AND STORAGE

1. Place the soapy lens in the opposite palm. Cup your hand and fill the palm with a pool of rinsing solution until the lens is immersed.
2. Rub the lens using the same motion in cleaning. Turn the lens over and repeat until all cleaner is removed.
3. Rinse again by spraying the lens surfaces with a stream of rinsing solution while the lens is held on your index finger.
4. Place the clean, rinsed lens in your clean contact lens case with fresh solution (do not completely fill case) and follow the directions below for your appropriate disinfection method.
5. Repeat cleaning and rinsing procedure with the remaining lens. **DISINFECTION**

I. CHEMICAL DISINFECTION SYSTEM

1. Following cleaning and rinsing, lens should have been placed in the appropriate soaking solution. The lenses must be stored in this solution for at least 4 hours to provide adequate disinfection.
2. Leave the lenses in the unopened case until you are ready to wear.
3. Rinse lenses thoroughly with rinsing solution prior to application to the eye.
4. Discard soaking solution from your lens case. Rinse case with hot water and allow to air dry.

II. HYDROGEN PEROXIDE DISINFECTION SYSTEMS

Hydrogen peroxide systems work by soaking the lens in hydrogen peroxide to disinfect the lens. Since you do not want to place hydrogen peroxide directly in your eye, a neutralization step is necessary to make the lens ready to be placed in the eye. This step varies between the different systems including all-in-one peroxide systems, such as Clear Care. If confused about your particular system, consult the instructions that accompany the care kit or ask your doctor.

1. Clean lenses thoroughly with recommended cleaner and rinse with rinsing solution.
2. Put lenses into specific compartments of case/holder
3. Fill cup with hydrogen peroxide solution, place disc or neutralizing tablet in case (if appropriate to your system) and place holder/case into cup and tighten.
4. Leave in peroxide solution for recommended time period.
5. Remove lenses from case/holder; rinse with saline and insert into eye.
6. If you have a disc in your case, replace it once every three months.

PROTEIN REMOVAL

Many daily cleaners are not effective in removing tightly bound protein from the lens surface. Therefore, a separate cleaner called an enzyme cleaner may be used once per week to help prevent excessive protein build-up. (Disposable contact lenses are generally not enzymed) Consult with your doctor to determine if an additional enzyme/protein cleaner is necessary for your contact lenses.

GENERAL GUIDELINES

1. Always wash, rinse, and dry your hands with a lint free towel prior to handling your lenses
2. If you are handling your lenses near a sink, make sure the drain is closed and/or place a washcloth in the bottom of the basin.
3. Only apply hand or facial creams and makeup after inserting lenses. Always remove your lenses before removing makeup.
4. Wear your lenses in accordance with the schedule we have recommended for you.
5. Avoid toxic vapors, hair spray and chemicals. If chemicals are splashed into your eyes, remove the lenses and flush the eyes liberally with a steady, low stream of water **for at** least 10-15 minutes. If lenses cannot be removed, wash the eyes with the lenses in. Notify us immediately.
6. Use only those contact lens solutions we have recommended for you. Not all solutions are compatible with each other or your lenses and may be potentially dangerous to your eyes.
7. Many ingredients in eye drops may damage a contact lens. Do not use eye drops with your lenses unless approved by us.
8. Never place a lens in your mouth. Bacteria normally found in your mouth can cause severe eye infections.
9. Do not sleep in your lenses unless you have been fit with lenses specifically designed for extended wear and you have discussed overnight wear with your doctor.
10. Do not swim wearing your contact lenses as your eyes or lenses may be damaged or the lenses lost.
11. All contact lens wearers, with few exceptions, need a pair of spectacles for emergencies and for rest from contact lenses.
12. Do not hesitate to call us if there is anything you do not understand concerning your contact lenses.

ADAPTATION

- Complete adaptation to lenses normally takes from one to four weeks.

Normal adaptation symptoms include:

1. Vision may be a little watery and may change as you blink.
2. The sensation of feeling much like there is a small eyelash in the eye. This feeling gradually disappears.
3. You may notice mild redness, tearing or itching of the eyes.
4. Awareness of lens movement or increased blinking may be noticed. It is important that you continue to blink fully and completely.
5. You may be sensitive to bright light. This sensitivity will lessen, but a high quality pair of non-prescription sunglasses will often provide the greatest comfort outdoors.

Important Signs of Caution:

Persistent or severe redness
Mucous discharge
Continued or excessive tearing
Decreased vision
Extreme light sensitivity Inability to open eyes Pain