









Do's and Don'ts for Handling and Wearing Your Contact Lenses

When handling your contact lenses:

-  DO wash and rinse your hands thoroughly with a mild soap, rinse completely, and dry with a lint-free towel before handling your lenses. Avoid soaps containing cold cream, lotion, or oily cosmetics and hand sanitizers before handling your lenses.
-  DO inspect your lens before putting it in your eye. Examine it to be sure that it is moist, clean, clear and free of any nicks or tears.
-  DO NOT touch the lens with your fingernails and never use tweezers or other tools to remove lenses from the lens container unless specifically indicated for that use.
-  DO NOT Use a lens if it is damaged or if the sterile blister package it comes in is opened or damaged.

When wearing your contact lenses:

-  DO remove your lenses immediately if you experience any eye discomfort, excessive tearing, vision changes, redness of the eye or any other problems and promptly contact your Eye Care Professional.
-  DO NOT Wear your lenses beyond the prescribed wear schedule, as serious complications may occur, including loss of vision.
-  DO NOT expose contact lenses to any water. Exposing contact lenses to water may increase the risk of severe eye infection that could lead to vision loss or blindness.
-  DO NOT wear someone else's contact.

Contact Lens Solutions and Lens Cases

To reduce the risk of contact lens-related infection, here are some steps you should follow:

- Always use fresh lens care products and lenses before the expiration dates. Do not re-use old solution. Contact lens solution must be changed according to the manufacturer's recommendations.
- Never use saline solution and rewetting drops to disinfect lenses. Neither solution is an effective or approved disinfectant.
- Only use solutions recommended by your Eye Care Professional and always follow the directions in the package inserts. DO NOT transfer contact lens solution from its original container to anything other than storage cases.
- NEVER RE-USE SOLUTION.
- DO NOT use saliva or anything other than the recommended solutions for lubrication or wetting lenses. DO NOT put your lenses in your mouth.
- Bacteria can grow in contact lens cases, so it is important to properly use, clean and replace your case once a month.
- After removing your lenses from the contact lens storage case, empty it of all solution, and clean the case by rubbing and rinsing with solution recommended by your eye care provider. When finished, wipe the case with a clean, lint-free tissue to remove any excess solution and allow the lens case to air dry with both the case and cap(s) face down.
- Seek immediate professional care if your eyes become red, irritated or if your vision changes.

NOTES:

Please contact the office with any Questions or Concerns – Ocean Eye - 843.873.1889 – Thank You!