



**Instructions for Contact Lens Patients**

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**Contact Lens Patient:**

- Daily Wear:** The patient should remove, clean, and disinfect his/her contact lenses before going to sleep. The patient should not sleep with his/her contact lenses on. The contact lenses should not be worn more than twelve hours per day. (Please read "Contact Lens Do's and Don'ts")
- Extended Wear:** The patient may wear the "Extended Wear" contact lenses while sleeping for up to six days continuously, followed by one night without contact lenses on. On this "night" the contact lenses should be cleaned, rinsed, and disinfected. If the lenses cause the patient's eyes to be red, uncomfortable, blurry, and/or sensitive to light, remove the lenses and either contact his/her optometrist or if severe symptoms persist, contact a medical emergency facility.
- Flexible Wear:** The patient may wear contact lenses over-night on an occasional basis for no more than \_\_\_\_\_ nights continuously. If the lenses cause his/her eyes to be red, uncomfortable, blurry, and/or sensitive to light, remove the lenses and contact our optometrist or if severe symptoms persist, contact a medical emergency facility.
- Monovision:** Monovision is one of several ways of correcting near and far vision simultaneously. Monovision is when one eye is corrected for far vision and the other for near vision. Adaptation to this new viewing situation may take several days to many weeks. Extra caution should be used by the wearer of monovision lenses during this time especially while driving.

**Disposable Wear:**

- Daily Wear Disposable:** Dispose of the contact lenses after two (2) weeks of "Daily Wear" use of the lenses. A replacement schedule starting on the first (1st) and fifteenth (15th) works the best.
- Extended Wear Disposable:** Dispose of contact lenses after one (1) month of wear. Lenses should be changed at the beginning of each month on the first (1st).

**Planned Replacement Wear:**

- Dispose of contact lenses after \_\_\_\_\_ months of use.

**Build Wear Time Gradually:**

- Begin by wearing the contacts for \_\_\_\_\_ hours the first day. Add two (2) hours per day until a maximum of twelve hours of wearing time.

**Follow-Up Visits:**

- Dispense day
- \_\_\_\_\_ week(s)
- Three months
- Six months
- Optional

**Wearing Schedule:**

Day	1	Hrs	_____
	2		_____
	3		_____
	4		_____
	5		_____
	6		_____
	7		_____
	8		_____

**Recommended Lens Care System:**

- Alcon - Opti-Free Pure Moist®
  - Abbott - Revita Lens®
  - Bausch & Lomb - Bio True®
  - Ciba Vision - Clear Care®
  - Other: \_\_\_\_\_
- No sleeping in contact lenses
- Twelve hours of wear time only

**Patient Agreement:**

Patient agrees to comply with all instructions related to wearing schedule, lens care system, and follow-up visits. If contacts cause unusual pain, discharge, redness or blurry vision, patient will either call their optometrist's office or a medical emergency facility. Contact lens prescriptions expire one year from the exam date. Release of the contact lens prescription is left up to the doctor's discretion in the interest of the patient. **THE PATIENT AGREES TO HAVE A CURRENT SPECTACLE PRESCRIPTION AND WEAR IT INSTEAD OF CONTACT LENSES IN THE CASE OF LOSS OR DAMAGE TO HIS/HER CONTACTS. CONTACT LENS FOLLOW-UP FEES WILL APPLY AFTER 30 DAYS**

**Informed Consent For Extended Wear Lenses:**

The over-night wear of contact lenses carries a small risk of significant complications. In a small percentage of extended wear users the following may occur: 1) Hypoxic tissue changes within the cornea; 2) Acute red eye response; 3) Neovascularization of the cornea; 4) Epithelial microcysts; 5) Ulcerative keratitis.

CONSENT: I understand that there is a risk involved with wearing extended wear contact lenses. I have read the above information and have been trained in the handling and care of my contact lenses and am aware of the potential complications.

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Doctor/Technician Signature

\_\_\_\_\_  
Date

## Contact Lens Do's and Don'ts

### DO:

1. Follow all of your doctor's instructions and call the office if you have any questions.
2. Return to the office for your regularly scheduled follow up visits.
3. Follow your wearing time schedule and keep your appointments.
4. Always thoroughly wash, rinse and dry your hands before handling your lenses.
5. Clean your lenses after wearing and before storage.
6. Be thorough, but careful while cleaning your lenses, because they can tear or crack.
7. Use fresh solution in the storage case. Be sure your 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 while inserting your lenses to avoid loss if dropped.
10. Re-clean lenses that have been dropped on the floor or on your clothes.
11. Always close the drain when working near the sink. You could also use a face cloth or towel to cover the drain.
12. Wear eye protection now that you wear contacts. Racket sports, hockey, etc. demands safety eye-wear to avoid trauma.
13. Avoid contact with sprays or aerosols. (hairspray, spray paint, etc.)
14. Apply hairspray, deodorant and/or spray cologne before inserting your lenses or keep your eyes 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 your lenses. Inform your employer that you wear contact lenses so they can recommend proper eyewear.
16. Avoid dusty environments; wear protective eyewear.
17. Use caution when adjusting to temperature extremes such as ovens, fireplaces, freezers or sub-zero weather.
18. While inserting your lens you may find it easier to hold 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 contact lenses, including lotions and foundations as well as all eye make-up.

### DON'TS:

1. Don't wear your lenses if they are suddenly/consistently uncomfortable.
2. Don't wear your lenses that have a chip or tear in them.
3. Don't exceed your wearing schedule during the adjustment period.
4. Don't wear your lenses for the maximum amount of time if you have not worn them for a few days.
5. Don't handle your lenses roughly and avoid contact with fingernails.
6. Don't insert your lenses over an open drain or water. If you drop your lens it will look like a water bubble.
7. Don't move around if you drop your lens. Check your lashes, clothes, shoes and immediate area. A wet lens can stick to almost anything.
8. Don't pick up a dropped lens with your fingernails or push it along a rough surface to lift it up. If you dampen your finger the lens will stick to it.
9. Don't switch to a "thermal" (heat) cleaning system after using a "chemical" cleaning system or visa versa. Doing so can damage your lenses. Ask your doctor for transition instructions.
10. Don't use any other solutions than those your doctor prescribed. Don't switch or mix brands of solutions without doctor's approval.
11. Don't start using different brands of solution simultaneously. Start them one at a time so if there is a problem you can identify it.
12. Don't touch solution bottles to your lenses or case. It can contaminate a sterile bottle of solution.
13. Don't try to wear a soft lens that was left out of solution and has become brittle. Put it in saline for at least 2 hours, then clean well before wearing.
14. **Don't wet lenses by putting them in your mouth or using tap water.**
15. Don't overflow the storage case; it can cause your lenses to chip or rip when closing the container.
16. Don't use non-approved eye drops such as Murine® or Visine® while wearing lenses.
17. Don't force apart a soft lens that is folded over itself. Put the lens in your palm, soak with saline and work it out gently.
18. Don't rub your lenses with a towel, tissues or your shirt.
19. **Don't swim or shower with lenses on. Any water (rain or tears) may flush lenses out of your eyes.**
20. Don't wear lenses if you have a cold or the flu.
21. Don't leave lenses in "hot spots" (on top of your TV, the glove box of your vehicle, etc.).
22. Don't sleep with your lenses on without your doctor's approval.
23. Don't ride in open top cars without eye protection. Lenses may blow off.
24. Cold cream and deodorant soaps can leave residue on your hand, be careful when handling your lenses after use.
25. Eyelash thickeners/lengtheners have contaminating fibers/additives.
26. Waterproof mascaras are hard to remove from your lenses without an abrasive cleaner.
27. Don't apply eyeliner above lower lashline; it blocks glands that produce tears, making lens wear uncomfortable.