



COMPLETE  
EYE CARE

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## Contact Lens Patient Instructions

**Congratulations on your new contact lenses!** To ensure your success, we've provided this important information for you. If you have any questions, please contact our office at **580-355-2020**.

### Important Reminders as You Get Started

- Wash and dry your hands prior to handling your contact lenses.
  - Use a mild, fragrance free soap.
  - Dry your hands on a clean, lint free towel.
- Always begin with the same contact lens when handling your lenses to avoid mix-ups.
- Inspect the contact lens for nicks, tears, or obvious damage. *If the lens is damaged, it should be discarded and replaced!*
- For soft contact lens wearers, be certain that the contact lens is right side out before applying.
- Do **not** swim or hot tub in your contact lenses. Bacteria in the water can get trapped between the lens and the front surface of your eye. This can cause infections along with numerous other complications.

### Contact Lens Care Information

- Only use doctor prescribed solutions. Not all solutions work with all lenses. Never use tap water.
- Never "top off" or reuse solutions. *Always store your lenses in fresh solution!*
- When cleaning your lenses, pour a small puddle (approximately 10 drops) in the palm of your hand, and gently rub the lens in a plus (+) fashion for about 10 seconds on each side. Then rinse the lens with fresh solution before storing.
- Soak lenses overnight in the case for full hydration. Each solution is different, so make sure to check the recommended soaking time for your prescribed solution.
- After removing your lenses from the case, pour out any remaining solution. Rinse the case with fresh solution and let it air dry while wearing your lenses.
- Once a week, wash the lens case in the utensil basket of a dishwasher. Replace your lens case monthly.
- Do **not** use multi-purpose solution directly in your eyes. Multi-purpose solutions are used for disinfecting purposes only and can be harmful if placed directly in the eye.
- Your doctor recommends OPTIVE® as a rewetting drop for your lenses.

### Contact Lens Information

- Brand: \_\_\_\_\_
- Replacement Schedule: daily / two week / monthly / quarterly / yearly
  - A good reminder for monthly lenses is to dispose of them on the first Sunday of each month.
- Prescribed Wearing Time:
  - 1<sup>st</sup> Time Contact Lens Wearers: 4 hrs today & add 2 hrs daily until maximum wear time is achieved.
  - 12-14 hrs daily: **No Overnight Wear.**
  - Extended Wear: You may sleep in your lenses up to six consecutive nights, then remove the lenses for one night and store in the case. Resume overnight wear the next day.
- Prescribed Cleaning Solutions: \_\_\_\_\_
- Doctor: \_\_\_\_\_ Assistant: \_\_\_\_\_
- Date of Last Eye Exam: \_\_\_\_\_

***If you experience any redness, discomfort, or blurred vision, remove your lenses immediately and contact our office!***

For additional useful information, our office recommends [www.mycontactlenses.org](http://www.mycontactlenses.org).

**Thank you for choosing Complete Eye Care and our highly trained staff for all of your vision needs!**