

FIRST TIME CONTACT LENS WEARER TIPS

General Tips:

- Hands should be washed and thoroughly rinsed before handling lenses
- A soap that is free of oils, lotions, or perfumes is recommended
- Hands should be dried with a lint-free towel
- Use finger tips to handle lens (avoid finger nails and sharp objects)
- Check to ensure lens is clean and damage-free

HOW TO INSERT YOUR LENSES

1. Place the clean “right” lens on the tip of the index or middle finger of your dominant hand (if you are right handed this would be your right hand)
2. Pull down the lower lid with the middle or ring finger of the same hand. Use your other hand to hold the upper lid firmly open.
3. Look directly at the lens or look directly into a mirror and place the lens directly on the cornea (the large colored circle in the center of your eye)
4. Slowly release your hold on the lid. If there are any air bubbles beneath the lens, close your eye, and with the eye closed, roll the eye gently. Another way of getting rid of air bubbles is to massage the lids very lightly. Under no condition, however, should you rub your eyes.

HOW TO REMOVE YOUR LENSES

1. Look up
2. With your middle finger, hold down your lower lid
3. Use forefinger to slide lens to lower part of eye
4. Pinch lens with thumb and forefinger and remove without excessively folding the lens.

TIPS FOR CONTACT LENS WEARERS WHO USE COSMETICS

1. Apply makeup after inserting contacts
2. Use eye drops before applying makeup
3. Never sleep in your make up, especially if you wear contact lenses. Fine bits of make up can get into your eyes leaving them red, dry, and irritated when you wake up
4. Consider using disposable mascara wands to avoid eye irritation
5. For sensitive eyes, stick to hypoallergenic formulas
6. Use waterproof mascaras and eyeliners
7. Stay away from lining the inner rims of your eyes with eyeliner because it can irritate them
8. Avoid pink toned eye shadows, which can make your eyes look red, especially if you are experiencing any irritation
9. When applying sunscreen, use a special SPF made for your eye area, and then use your regular facial sunscreen elsewhere.

Wearing Schedule

It will take at least a few days for your eyes to get used to wearing contact lenses. The best way to insure maximum visual comfort and keep your eyes healthy is to patiently and faithfully adhere to this wearing schedule.

Day	Gas Permeable Lenses	Soft Lenses
1	4 hours	6 hours
2	6 hours	8 hours
3	8 hours	10 hours
4	10 hours	12 hours
5	12 hours	12 hours

Oftentimes, your lenses will still feel good even when you are over-wearing them. Following are some basic DO's and DONT's of Contact Lens Care:

- DON'T wear your lenses overnight unless they are approved for extended wear and your doctor has discussed this with you. Overnight wear increases the risk of infection and other complications.
- DON'T wear your lenses longer than 12 hours a day until your first follow-up visit with your doctor, unless the doctor has specifically told you otherwise.
- DON'T continue use of contact lenses if your eyes become red, irritated, painful, or if your vision gets worse while wearing lenses. Immediately take out the lenses and clean them. Let your eyes get back to normal and if the problem persists, contact our office.
- DON'T exceed the wearing times suggested, even if your lenses still feel comfortable. Studies have proven that the eye needs time to adapt to contact lenses, and your wearing schedule is based on those studies.
- DO always remove your contact lenses at least one hour before going to bed to allow for proper oxygen nourishment to the cornea.
- DO wear your contact lenses for at least 3 hours before your follow-up appointment unless you are experiencing discomfort.
- DO schedule and keep follow-up appointments with your eye doctor.