



Patient Education & FAQ's

# Advice for Contact Lens Wearers

## Follow-Up Visits

When you collect your lenses you will be shown how to use them also be advised when to return for your follow-up visits. This is normally every 12 months for daily wear and every 6 months for extended wear.

When returning for these subsequent consultations be sure to insert your lenses at least 2 hours before-hand.

## Blinking

The lenses require a normal tear supply and normal blinking to remain clear and comfortable whilst being worn. If they feel a little dry, don't forget to blink.

## Showering & Swimming

Showering with your lenses on your eyes is reasonably safe, but swimming presents a higher risk of losing a lens. In both cases you should keep your eyes closed when your face is immersed.



*Swimming presents a higher risk of losing a contact lens*

## Saliva

Never put your lenses in your mouth to wet them. Saliva is not a sterile solution.

## Hairdressing

It is advisable to leave your lenses out when sitting under a hair-dryer or directly in front of a fan or heater as these could dry the front surfaces of the lenses excessively.

## Flying

Air travel may cause similar dryness problems due to low humidity and long periods of reading can reduce your frequency of blinking to an inadequate rate for contact lens wear.



*An aeroplane is not a good environment for wearing contacts*

## Torn Lenses

Never continue to wear an uncomfortable lens that has become torn or damaged.

## Disposables

If your lenses are disposable, be sure to discard them at the recommended time. Complications can occur when these lenses are worn too long.



### Warning re Bifocal or Monovision Contact Lenses

While these types of contact lenses provide good vision for both far and near, care should be taken in situations which require clear vision and good judgement of depth or distance. (For example: Driving and over-taking).



### Warning re Eye Safety

There is a danger to your eyes from the abuse of contact lenses. Please follow all the advice of your optometrist and be sure never to wear the lenses if your eyes are sore, infected or injured in any way.

Last edited: 18/04/12