



Eye Doctors Of Madison

— AN OPTOMETRIC FAMILY PRACTICE —

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CONTACT LENS CARE: GENERAL GUIDELINES FOR NEW WEARERS

The following recommendations should become part of your normal routine when wearing contact lenses. New wearers should expect a period of apprehension and difficulty in handling their lenses. With daily practice, this will become very simple.

Getting Started:

1. Always wash your hands prior to handling your lenses. Dawn and Dial dish-soaps are best for contact lens wearers. It is best to avoid moisturizing and oil or lotion-based hand-soaps (containing "linolin").
2. Apply lotions and cosmetics only after inserting your lenses. Likewise, remove your make-up after taking out your lenses that night. Mascara should always be removed to prevent coating onto your contacts causing blurred vision and irritation.

Inserting and Removing Your Contacts:

1. Remember that you were instructed that control of your eyelids is the most important part of putting in contacts. Be sure to make sure the contact is centered on your eye before letting yourself blink.
2. Store your lenses in your case using the prescribed contact lens solution. After letting your lenses soak overnight then inserting them in the morning, dump out all the solution in the case that was used the night before and let your case air-dry with the lids off. Use fresh, clean solution each night to store your lenses. These methods are the best way to prevent contamination and serious eye infections!

While Wearing Your Contacts:

1. If needed, only clean your lenses with your prescribed solution. Do not put them in your mouth or rinse them with tap water – these again can cause serious infections!
2. Do not use any eye drops while wearing your lenses (this includes Visine and allergy drops). The lenses can be damaged and your eye health compromised.
3. Do not swim or use hot tubs in your contacts for risk or lens damage and infection.
4. Never sleep in your lenses unless you have specific approval from Dr. Baker.

Warning Signs:

Normal adaptation include: lens awareness, variable vision, mild redness, mild dryness, increased blinking

Problems may be present if your eyes are in pain, excessive redness, excessive tearing, unbearable light sensitivity, persistent blurred vision, or if you suspect something is wrong. When in doubt, remove your lenses and call us.

Next Steps:

1. Gradually increase your wear time each day: Start at ____ hours today, ____ hours tomorrow, and add ____ hours each day.
2. Return next week wearing your sample lenses for your first progress check. Appointment Date: _____

Yearly eye exams are required to assure excellent vision and eye health. Remember, contact lenses are medical devices that require a prescription – we must ensure your contacts are not causing harm!

Your risk for infections and contact lens complications will be minimal if you follow all of the above recommendations and guidelines