University Health Center Vision Clinic
CONTACT LENS CARE GUIDE

1. Always wash your hands before handling contacts.
2. Always make sure contact lenses are right side out before insertion. The edges should "roll up" at the lens profile. If the edges are flared slightly the contact may be inside out.
3. Wear lenses for 4 hours on the first day and increase wear by 2 hours each day until a maximum of 12-14 hours has been reached.
4. After removing contacts, clean properly and place in contact lens case, using new solution every day. Lenses should be stored at least 4-6 hours for complete disinfection (except for one day disposables).
5. Do not allow soft lenses to come in contact with water. Use only solution that is compatible with soft contact lenses.
6. Do not sleep in contact lenses unless you have been fit with contacts specifically designed for this.

ADAPTIVE SYMPTOMS are normal for the first couple of weeks. These symptoms include mild sensitivity to light, a slight headache, foreign body sensation, dryness, and mild itching. These symptoms should clear up when all-day wear is achieved.

ABNORMAL SYMPTOMS include persistent pain, burning and excessive tearing, redness that does not clear up, hazy vision that remains more than one hour after removal, and abnormal sensitivity to light. If these symptoms occur at any time, you should remove the lenses and the UHC Vision Clinic at (706)542-5617.

NOTE: Do not sleep in your lenses unless you were specifically fit with extended wear lenses. Should you fall asleep in your lenses, be sure to lubricate them well to loosen them before removal. Once the lens is moving freely on the eye, it can be removed. If only minor discomfort or a dry feeling exists, you can resume normal wear in 24 hours. If abnormal symptoms exist, contact our office.

CLEANING SOLUTIONS AND REWETTING DROPS
There are different types of cleaning solutions available. We will provide you with the best solution for your needs. Rewetting drops may be important for lubricating the eye and keeping the contact hydrated. To promote comfort, the lens must be well hydrated. Rewetting solutions also keep debris from building up under the contact lens. Frequency of rewetting drop use varies from patient to patient. If you do a lot of close work, such as reading or working on a computer, you may experience more dryness because of the reduction in blinking. Certain medications such as antihistamines, diuretics, and birth control pills contribute to dryness as well. Do not use an eye drop that is not specified for contact lens use.

Fitting:  Trial/diagnostic  Final Rx

Your contact lens wearing schedule is:  Daily  1-2 weeks  Monthly  3 Months  Annually

Approved to sleep in lenses:  Yes  No  How long_______________________________

Your recommended solution is:  Renu  Optifree  Complete  ClearCare  BioTrue  Aquify

Other instructions:  ____________________________________________________________

REMEMBER:
Your compliance with the above is of the utmost importance to be successful with contact lens wear and to avoid any unnecessary trauma to the eye. Noncompliance with contact lens care can result in serious eye problems. Please contact UHC Vision Clinic (706-542-5617) with any questions or concerns about contact lenses at any time.

I have inserted and removed contact lenses and do feel confident that I can complete this process independently at home.

Patient signature ______________________________________________________________

Consultant signature ___________________________________________________________
DO’S AND DON’TS OF CONTACT LENS WEARERS

DO NOT sleep in your lenses unless you have been instructed to do so by your eye doctor. Only certain lenses are approved for overnight wear.

DO NOT wipe your contact lenses with a cloth or tissue

DO NOT place your contact lenses in your mouth. The bacteria from your mouth can cause severe eye infections.

DO NOT use any drops in the eyes, with or without your lenses in, until you check with your eye doctor. Chemicals can build up in contact lenses and cause a toxic response in the eye.

DO NOT over wear disposable contacts. Replacement schedules are given to prevent build-up, bacteria, and lens damage from everyday wear and tear from injuring your eyes. If you run out of contacts, wear your glasses and contact our office as soon as possible.

DO NOT mix or alternate disinfecting solutions as this can lead to allergic reactions and damage to lenses.

DO NOT reuse the solution in your case.

DO NOT swim in lenses other than ONE DAY disposables. Organisms in pools and lakes can lead to blinding infections, especially if they infest contact lenses. Remove any contact lens worn while swimming immediately afterwards and discard the lenses.

DO NOT panic if your contact lenses dry out while out of the eye. Soak the lens in saline solution and place the lens carefully in your case until it is completely rehydrated. Inspect the lens for any tears or rips and clean the lens as usual before wearing. If the lens is uncomfortable or vision is blurry, dispose of the lens. If a yearly wear lens, please contact the UCH Vision Clinic.

DO insert lenses before applying makeup. Avoid waterproof mascara as these contain fibers that can be trapped under the lenses and scratch the eye.

DO take lenses out before removing makeup.

DO replace your case every three to four months to reduce the risk of infection.

DO contact the UHC Vision Clinic if you experience pain, redness, irritation, or blurriness. (706)542-5617

DO keep a pair of eyeglasses on hand. All contact lens wearers should have a pair of glasses that they would be comfortable wearing in public.

DO wear your contact lenses for a minimum of two hours before coming in for your follow-up visit so that an accurate assessment of the contact lens fit can be obtained.