

Contact Lens Guide

Lens Care:

- Store your contact lens case upside down with the caps off.
- Replace your lens case every three months.
- Don't expose your contact lenses to any water: tap, bottled, distilled, lake or ocean water. Doing so will increase your risk of infection and can damage lenses.
- Don't "top-off" the solutions in your case. Discard all of the leftover contact lens solution after each use. Never reuse any lens solution.
- Don't expose your lenses or storage case to undue heat.
- Don't transfer contact lens solutions into smaller travel size containers. This can affect the sterility of the solution, which can lead to an eye infection.
- Always keep your glasses up-to-date, so you can use them if you lose or tear a lens, or if you are advised not to wear lenses for any period of time.

Lens Handling:

- Always wash and rinse your hands before handling your lenses or touching your eye. Use a mild, oil- and fragrance-free soap and dry your hands with a lint-free cloth.
- Don't mix up your lenses. Always insert or remove the right lens first and confirm that it is safely on your eye or in the storage case before attempting the left.
- If you wear non-disposable lenses, rub and rinse them immediately after removal.
- Use only recommended solutions and follow the label instructions.
- When handling lenses, work over a clean flat surface or a plugged sink.
- Never place a lens in your mouth for cleaning or wetting.
- If you drop a lens, clean and disinfect before reinserting.

While wearing your lenses...

- Never rub your eyes vigorously.
- Close your eyes when using cosmetics or aerosol sprays, such as hairsprays. Such products may leave a residual film on your lenses.
- Use goggles if you are going swimming.

First Time Wearer's Schedule

Day One	6 hours
Day Two	8 hours
Day Three	10 hours
Day Four	12 hours
Day Five	12+ hours

Wear protective glasses or goggles if you are in any situation where dust, sand, grit, or other foreign matter could enter your eye.

- You can apply make-up/cosmetics after you insert your lenses.
- Remove your lenses before removing make-up/cosmetics.
- Call our office immediately (231-271-4544) if you experience any redness, discharge, visual blurring, or pain.

Don't wear your lenses when...

- You are going to sleep, unless you have doctor approval.
- You feel ill or are running a fever.
- Your eyes are uncomfortable or red.

Lens Replacement Schedule

☐ 1 Day ☐ 2 Weeks ☐ 1 Month

Next Appointment: _____ Remember to wear lenses for your appointment.

Signature: _____ Date: _____