

## **Eyewear Specialists**

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### **General Guidelines for Contact Lens Wear:**

1. Always wash your hands prior to inserting or removing your contacts. Wash your hands with lanolin-free, antibacterial soap and dry your hands with lint free paper toweling.
2. Inspect your contacts to insure there are no rips or chips and that the lenses are free of any debris and that the lenses are not inside out. Look for the 'bowl' shape and opposed to the dish shape.
3. Always insert and remove the right lens first to insure the correct lens is inserted into the correct eye. Keep your finger dry and the contact wet. Use saline or multi-purpose contact solution only, NO TAP WATER.
4. Your wearing schedule is as follows. *After the first week, do not exceed more than 14 hours a day.*
  - DAY 1: 4 hours
  - DAY 2: 5 hours
  - DAY 3: 6 hours
  - DAY 4: 7 hours
  - DAY 5: 8 hours
  - DAY 6: 9 hours
5. Discontinue wear of lenses if you experience any pain, redness, irritation, become sensitive to light, have a decrease in vision, or discharge, and contact our office immediately.
6. Dispose of contact lenses as prescribed by your physician. Disposable lenses are FDA approved for specific durations of time and should be followed carefully.
7. Please wear your len(s) for at least 1 hour to your follow up appointment.

### **As A Contact Lens Wearer You Must Not:**

1. Insert lenses into eyes that are red and irritated. If irritation occurs during wear, remove lenses immediately.
2. Use any over-the-counter eye drops to reduce redness or allergy drops unless otherwise recommended or prescribed by your physician.
3. Store or rinse lenses in any sterile water or tap water, do not use saliva or put lenses in mouth to rewet as bacteria can cause serious infection.
4. Share contacts with others. Contacts are a medical device prescribed to you.