

## **Contact Lens Care and Use**

### **Contact lens care:**

1. Always wash your hands before handling your lenses.
2. Never rinse or store your soft contact lenses in tap water or place the lens in your mouth.
3. Store the lenses in contact lens solution and NOT sterile water. Sterile water has no antibacterial chemicals and may be used to rinse the lens but not to store the lens.
4. Do not “top off” the old contact lens solution in your case with new solution. Always throw out the old contact lens solution when you put your contacts in and store the contact lenses in new solution when you take the lenses out.
5. Disposable lenses are to be thrown away after 14 days of wear unless instructed otherwise by Dr. Leidlein or one of her technicians. Dr. Leidlein does not recommend sleeping in contact lenses even if they are FDA approved for continuous wear.
6. If you are a new contact lens wearer, start wearing your contact lenses four hours a day for the first 3 days, then 6 hours a day for 3 days, gradually adding two hours of wear every three days until you are wearing your contacts the desired amount, not to exceed 16 hours a day.
7. If your eye becomes red or irritated, take the contact lenses out immediately and call our office at 979-297-4042.

### **Contact lens information:**

1. You may feel the lenses for the first few hours or days but the comfort should improve throughout the first week.
2. If you are over forty, you may notice a problem reading as close as you were able to read with your glasses. This is very common and usually improves some during the first week of wear.
3. If you are prescribed monovision contact lenses, you will experience some reduction in your depth perception and night vision.

### **Consequences of not following the prescribed directions:**

There are numerous studies supporting contact lenses safety when proper contact lens hygiene is used. If you sleep in the lenses or do not clean and disinfect them properly, you may develop a corneal ulcer that could lead to permanent blindness. While contacts are a wonderful vision device, they do come in contact with the eye and can lead to problems. Even if you properly care for your contacts, there is a two percent chance of getting an eye infection.

**By receiving this form you acknowledge that you understand the risks of wearing contact lenses and the consequences of not following the prescribed wearing time or care regimen.**