

Instructions for **Soft Contact** **Lens Wear**

Overview of Contact Lenses

All soft contact lenses described throughout this instruction booklet are hydrophilic. Hydrophilic (soft) contact lenses are manufactured from unique plastics that absorb fluids. Your lenses should always be kept moist. While on the eye, a soft contact lens remains soft by absorbing tears. When not in the eye, soft lenses are stored in a disinfecting solution. Your lenses must be handled carefully to avoid tearing. It is essential that you learn and use good hygienic methods in the care and handling of your new lenses. Cleanliness is the first and most important aspect of proper contact lens care. Your hands should be clean and free of any foreign substances when you handle your lenses. Oils from your hands, debris from your tears, and air can contaminate or coat your lenses each time you wear or handle them. Coating and contaminants diminish vision and increase the risk of eye infections.

Lens Hygiene

Soft contact lens hygiene is as important as your personal hygiene. Regular cleaning and disinfecting of soft contact lenses is important for the success and enjoyment of wearing your soft lenses. Lens hygiene only takes a couple of minutes - not much longer than your regular personal hygiene routine.

Soft lenses are kept moist in the eyes by tears or in a storage case with disinfecting solution. Moist areas may breed bacteria, fungi, and viruses. Regular disinfecting of soft lenses is necessary to prevent eye infections. Cleaning and disinfecting are two separate processes. Both steps must be completed daily as lenses are removed. Always discard any used solution from the contact storage case and rinse with warm tap water, allowing the case to then air dry. Never use expired solutions. Make sure that the tip of the bottle never touches the contact, eyes, lids, or lashes to prevent surface contamination that can result in an infection.

Contact our office if any of the following occur:

1. Your lenses have suddenly or consistently become uncomfortable.
2. Your vision is fogging or blurring.
3. Your lens is moving more than normal.
4. The lens appears to lack normal clarity.
5. Your eye has become swollen, red, puffy, or has discharge.

Severe or continuing symptoms may indicate a problem. Contact our office to see the optometrist as soon as possible.

Contact Lens Follow-Up Care:

SVS Vision will provide contact lens follow-up care up to 45 days following the initial Contact Lens Evaluation. Should follow-up care happen after 45 days, the patient will need to pay for a refraction as well as another Contact Lens Evaluation.

If any follow-up within 45 days or after is as a result of an ocular condition, such as an infection or ulcer, the patient will be seen as an "Office Visit." The Office Visit is a medical eye exam. All follow up appointments will be a new Office Visit. There is not a set fee for these visits. The price will be determined by the condition. All follow-up appointments are not covered under the CL Evaluation Fee and cannot be billed to the patient's insurance. The patient may submit the receipt to their medical insurance for reimbursement or make an appointment with an ophthalmologist to have the visit billed directly.

With our Contact Lens Fitting:

For the next 45 days if you have any problems, let us know and we'll fix it. If your contacts are dry, uncomfortable, you're not seeing well, or you just don't like them, give us a call.

We will return anything you purchase from us as long as it's not opened, written on, or damaged in any way.

We encourage you to wear your trial contacts for the full amount of time before you open anything you purchased. We want to guarantee you have the best contact lens prescription in the proper brand before opening anything you've purchased.

- **Excessive protein deposits** - Protein deposits are one of the many substances in your tear fluid which, if allowed to accumulate on your lenses, could cause the lenses to become cloudy and in need of replacement. Be sure to use an enzymatic cleaner as directed by the doctor.
- **Red, painful, or burning eyes** - This may be caused by particles of hairspray, deodorant, or other material in the environment, an allergic reaction to a preservative in an eye-care product, an infection, or an eye problem which could lead to an infection. To avoid this, keep eyes closed when using aerosol sprays and remove your lenses if you are going to be in the presence of fumes for an extended period of time.
- **Blurry vision** - Slight, brief changes in vision are not unusual, but if blurry vision lasts more than a few minutes, the cause may be: dirty or damaged lens, wearing a lens inside-out, mixing up the right and left lens, corneal irritation, eye infections, or the need for a prescription change. Cleaning a dirty lens, inverting an inside-out lens, or reinserting your lens should clear up the vision. If a lens is damaged, it must be replaced. For all other problems, call our office.

If during the day...

- Your lenses feel gritty, or less comfortable than usual:
 - Look toward your nose and slide your lens to the opposite side of your eye. Roll your eye right, left, up, and down. This should bring the contact lens back to the cornea. If any particles were trapped under the lens, they will remain on the white part of the eye and

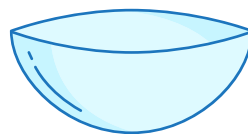
will be washed away with your tears.

- If this procedure doesn't make your lens more comfortable, remove and rinse your lens(es) and reinsert them.
- If your lens moves off your cornea, roll your eye to look up, down, and sideways. This should bring the lens back to the cornea.
 - If the rolling motion doesn't work, your lens may be lodged under your upper lid. Look down as far as possible and massage the lens into position with your index finger placed on your upper lid. Keep eye partially open.

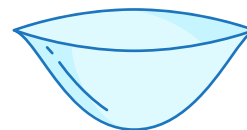
Lens Handling

How to determine an inside-out lens:

1. Remove the lens from the contact lens holder and examine it. Make sure it is moist, clean, clear, and free from nicks and tears.
2. Place the lens in the crease of your hand near your pinkie.
 - a. Fold your hand slightly and the edges should curl inward.
 - b. If the lens follows the curve of your hand, the lens is inside out.
3. You may also test for an inside-out lens by simply placing the lens on the tip of your index finger and checking the edges of the lens turn up, not out. You may also check for any markings from the manufacturer. Check with your optometrist or eye care professional for further information.



Right



Wrong

Lens Insertion

Two-Hand Placement Technique:

This technique is best for new wears.

1. After checking to make sure the lens is not inside-out, rinse the lens with solution. Place lens at the top of your index finger. Be careful with fingernails.
2. With the lens on your index finger, use the middle finger of the other hand to pull the upper lid against the brow. It is important to grab your eyelashes as that will hold your eyelid more firmly.
3. Use the middle finger of your placement hand to pull down the lower lid and then place the lens centrally on your eye.
4. While holding this position, look downward to position the lens properly.
5. Slowly release your eyelids and close both eyes gently.
6. With both eyes are still closed, roll your eyes to the right, left, up, and down.
7. Open your eyes. If the lens is not in place (on the colored part of your eye) roll your eye around again. You may gently touch the lens and slide it into place.
8. If the lens is still not securely in place on your iris, close your eye and gently tap on your eyelid. This will remove any air bubbles between the contact and your cornea.

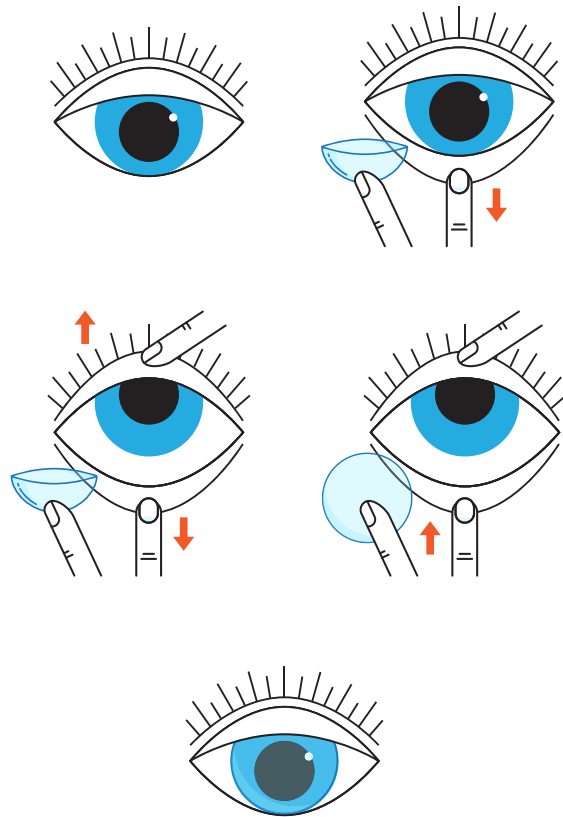
NOTE: It is very important to never rub your eyes while wearing your lenses, as this motion may move or dislodge your contact.

One-Hand Placement Technique:

1. After checking to make sure the lens is not inside-out, rinse the lens with solution. Place lens at the top of your index finger. Be careful with fingernails.
2. Place the lens on your index finger. Be sure the lens is right-side-out (the edges should turn up, not out).
3. With your head up, looking straight ahead, pull down your lower eyelid with the middle finger of your placement hand.

4. Look up steadily at a point above you. Then place the lens on the lower white part of your eye.
5. Remove your index finger and slowly release the lower lid.
6. Close your eyes for a moment.
7. Roll your eyes down to position the lens properly. The lens will center itself on your eye.
8. If the lens is still not securely in place on your iris, close your eye and gently tap on your eyelid. This will remove any air bubbles between the contact and your cornea.

NOTE: It is very important to never rub your eyes while wearing your contact lenses as this motion could move or dislodge your contact.



8. Don't use cream soaps or homemade saline solutions. They can leave a film on your hands that can transfer to the lenses. Improper use of homemade saline solutions has been linked with a potentially blinding condition among soft lens wearers.
9. Don't switch or mix brands of solution. Introduce one brand at a time so if there is a problem you can

identify the cause.

10. Don't use tap water to wash or store contact lenses.
11. Don't use products not recommended by your optometrist to clean and disinfect your lenses. Saline solution and rewetting drops are not designed to disinfect lenses.
12. Don't use your contact lenses without thoroughly cleaning after being exposed to pools, lakes, oceans, hot tubs or other sources of water such as a shower/bath as they can contain bacteria.
13. Don't try to wear a lens that was left out of solution and has become brittle or has folded over onto itself and requires force to pull apart. The contact lens must be rehydrated for at least two hours and then cleaned well before wearing.
14. Don't wear your contact lenses if you have a cold, the flu, an infection, or allergy attack. Remove the contact lenses and discard. Wear your eyeglasses until the situation has cleared up.

What if...?

- **Uncomfortable lenses** - Lenses may become uncomfortable if they become dirty or damaged, dust or eyelashes get into your eye, or you have an eye infection. If this happens, remove lenses, clean and inspect them. If eyes are still uncomfortable after reinsertion, remove lenses and call our office.
- **Sensitivity to light** - If your eyes are usually sensitive to light, this may be due to corneal irritation, an eye infection, a foreign particle in your eye, or a damaged lens. If this occurs along with eye redness, discomfort, or blurry vision, remove your lenses and call our office.
- **Tearing** - Tearing can be caused by the presence of a particle in your eye, or from eye-care solutions that are not pH balanced or do not contain the same salt as your tears. Excessive or persistent tearing, other eye secretions or sensitivity to light are not normal. Remove your lenses and call our office. If you are a new wearer, mild tearing is normal for a day or two; it is not normal for it to persist.

9. **Carefully and regularly clean contact lenses as directed by your optometrist.** If recommended, rub the contact lenses with your fingers and rinse them thoroughly before soaking the lenses overnight in

multipurpose solution that completely covers each lens.

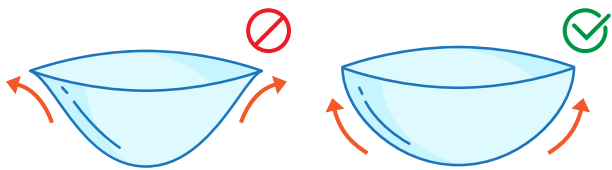
10. **Avoid tap water** to wash or store contact lenses.
11. Always keep a storage case and small bottle of saline with you for emergency use.
12. Use only fresh solution to clean and store contact lenses. Never reuse old solution. Change your contact lens solution according to the manufacturer's recommendations, even if you don't use your lenses daily. Use fresh solution in the storage case each night. Be sure lenses are completely covered with solution when storing in the case.
13. After each use, rinse out the wells of the storage case with warm tap water and then with saline, and let air dry with the covers off.
14. Remove contact lenses before swimming or entering a hot tub.
15. Only use rewetting drops approved to be used with contact lenses.
16. Always have a backup pair of glasses. In the event of an emergency such as an infection or losing or ripping a contact, we don't want you to be unable to see clearly.

Contact Lens Don'ts:

1. **Don't wear the lenses if they have suddenly or consistently become uncomfortable or if you notice a chip or tear in the lens.**
2. **Don't exceed your wearing schedule by over-wearing the lenses.** If unworn for a few days, don't wear the lenses for the maximum hours.
3. Don't handle your lenses roughly. Avoid contact with fingernails and pinching too hard at removal. Creases become tears.
4. Don't insert your lenses over a sink with an open drain. A dropped lens looks like a water bubble.
5. If a lens is dropped, don't move around. Check your lashes, clothes, shoes, and immediate area before moving. A wet lens can stick to almost anything, and if stepped on can damage the lens.
6. Don't share lenses with others.
7. Don't put contact lenses in your mouth or moisten them with saliva, which is full of bacteria and a potential source of infection.

Tips:

- If you accidentally place an inside-out lens on your eye, one of the following signs should signal you to remove and replace it correctly.
 - Less than usual comfort
 - The lens may fold on the eye
 - Excessive lens movement on blink
 - Blurred vision
- If the lens folds and sticks together: Place the lens in the palm of your hand and wet thoroughly with the recommended rewetting solution. Gently rub the lens between your index finger and palm in a gentle back and forth motion.
- If the lens flattens or drapes across your finger, the lens or your finger may be too wet. To correct this, dry your finger by transferring the lens several times from one index finger to the other, drying the opposite finger each time.



Lens Removal

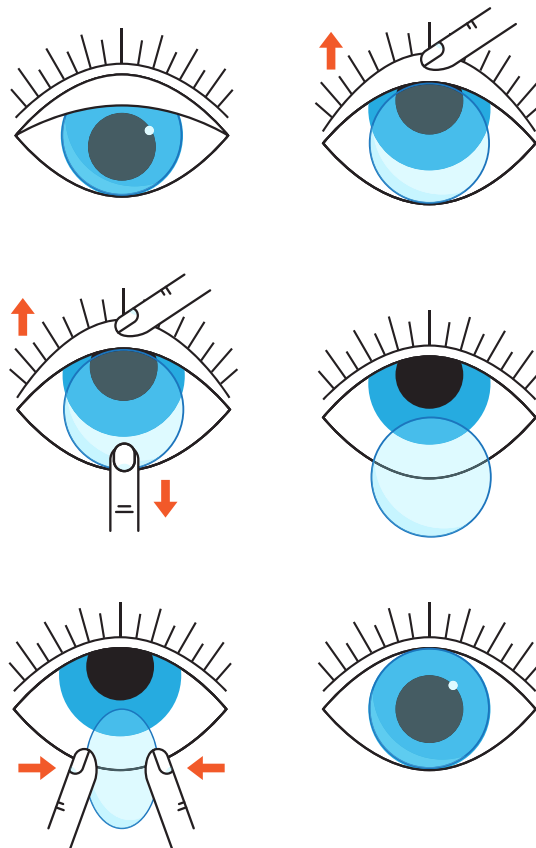
One of the most important things you can remember about removing your contacts is to always wash your hands with soap and water first. Wipe your hands dry with a clean, lint-free towel to minimize the amount of water and debris that gets on your lenses.

Another important tip for removing (and inserting) contact lenses is to start with the same eye every time. This reduces the chances of an accidental switcheroo. Remember, your contact lenses-- like your shoes-- have a right and a left.

There is more than one way to remove contact lenses. The best practice will be based on the individual. Please note, pinching too hard can damage the contact or scratch your eye.

Technique 1:

1. Wash your hands with soap and water. Dry your hands with a clean, lint-free towel.
2. Look down and use your non-dominant hand to hold open your upper eyelid using your eyelashes.
3. Look up and use the middle finger of your dominant hand to pull down your lower eyelid.
4. While looking straight ahead, place your index finger on the center of your eye.
5. Use your index finger to apply a gentle pressure to the lens and slide the lens to the lower part of your eye. The lens should bubble as it reaches the lower lid.
6. Gently grab the lens between your thumb and index finger.
7. Carefully, remove the lens from your eye. Be sure to keep fingernails away from your eye.
8. Repeat the process to take out the lens from your other eye.



Technique 2:

1. Wash your hands with soap and water. Dry your hands with a clean, lint-free towel.
2. Look down and use your non-dominant hand to hold open your upper eyelid using your eyelashes.
3. Look up and use the middle finger of your dominant hand to pull down your lower eyelid.
4. Using your index finger and thumb, place your fingers on either side on your iris. This should be the edge of the contacts.
5. Gently squeeze your fingers together using a small amount of pressure.
6. Carefully, remove the lens from your eye. Be sure to keep fingernails away from your eye.
7. Repeat the process to take out the lens from your other eye.

Having trouble removing contact lenses?

- If you think the lens is stuck under your upper eyelid, look down. Gently massage your eyelid and blink frequently to move the lens to the center of your eye so you can remove it. If necessary, rinse your eye with sterile saline, multipurpose solution or rewetting drops to loosen the lens.
- Rewetting drops or lubricants can make it easier to lift the lens from your eye. Dry eyes let the lens stick a little more closely.
- There can be an adjustment period when you're starting or switching contact lenses. Give yourself enough time to remove your lenses calmly without rushing.
- Slide the lens to the white of your eye, especially if you're worried about discomfort. Pulling the lens toward your lower lid can also help lift it off the surface of your eye.
- If the edges of your lens stick together, add a drop of fresh cleaning solution and gently rub until they separate.

Contact Lens Do's and Don'ts

Contact Lens Do's:

1. Follow your doctor's instructions and call the office if you have any questions.
2. Report for regularly scheduled follow up care. Follow up care is of optimum importance, and it is the patient's responsibility to schedule and keep appointments. See your optometrist for your regularly scheduled contact lens and eye examination.
3. Always follow the recommended contact lens replacement schedule prescribed by your optometrist.
4. Always wash and thoroughly dry your hands before handling contact lenses.
5. Apply all cosmetics after inserting contact lenses, including lotions, foundation, mascara and eyeshadow.
6. Avoid contact with aerosol sprays (such as hairspray, deodorants, spray paint, and oven cleaner) or dusty environments after inserting your lenses. Safety eyewear or keeping your eyes tightly closed is the best way to avoid the spray or dust settling on the contact lenses. A sprayed lens is uncomfortable and hard to clean.
7. Sit or stand close to a sink or table while inserting a lens. That way, it cannot go far or land on the floor if it is dropped. Always close the drain when working near a sink, a dark cloth or towel may also be used to cover the drain. Re-clean lenses that may have dropped.
8. Be thorough, but careful while cleaning a lens. They can tear, chip, crack, and rip.