

Tips For Successful Contact Lens Wear

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FIRST TIME CONTACT LENS WEARER

If this is your first time or it's been over 6 months since you had contact lenses in your eyes, it is recommended that you start off with a preliminary schedule to slowly build up wearing time until your eyes get use to the new contact lenses.

Schedule	Soft CL	RGP
Day 1	4 hrs.	2 hrs.
Day 2	4 hrs.	2 hrs.
Day 3	6 hrs.	4 hrs.
Day 4	6 hrs.	4 hrs.
Day 5	8 hrs.	6 hrs.
Day 6	8 hrs.	8 hrs.
Day 7	Maintain 8 hrs. until next visit.	

*Place a drop of artificial tears whenever your eyes feel dry or you notice decreased comfort with contact lenses.

*Do not use your contact lenses if your eyes are unusually red, painful or have sudden decreased vision.

CARING FOR YOUR CONTACT LENSES

One of the most important keys to successful contact lens wear is proper cleaning!

1. ALWAYS wash, rinse and dry your hands prior to inserting or removing your contact lenses.
2. CLEAN BY RUBBING. Remove one lens and place it in the palm of your hand. Apply a few drops of your contact lens cleaning solution. Rub the lens surface with solution to help remove deposits, debris and protein build-up. This not only improves

vision and comfort but also reduces the risk of infection and allergy.

3. RINSE. After thoroughly cleaning the lens, rinse off any debris with your cleaning solution. Do not use saliva, detergent or tap water to clean and/or store contact lens.
4. DISINFECT. After cleaning and rinsing, place the lenses in the lens case and allow them to soak for at least 6 hours. Depending on the type of cleaning regimen that was prescribed to you, the time needed to disinfect your lenses may vary.
5. REPLACE. Your empty contact lens case should be thoroughly rinsed and allowed to air dry. Replace your contact lens case every three months. Replace your contact lenses according to the schedule that your doctor recommends. Do not wear your contact lenses longer than the recommended time.

Wearing soft contact lenses for an extended period of time can make your eyes more prone to lens-related allergies.

ADDITIONAL INSTRUCTIONS

- Have a backup pair of glasses to use when your eyes are unable to tolerate contact lenses.
- Remove your contact lenses every night before sleeping. Never sleep in your contact lenses unless you are prescribed with an extended wear schedule by your doctor.
- Wear safety eye protection over your contact lenses while handling household chemicals.
- Insert your contact lenses BEFORE applying cosmetic or skin care products to reduce lens contamination.