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CONTACT LENS INSTRUCTIONS

Always wash hands before handling contact lenses. Aside from normal hygienic reasons, the natural oils from the skin can create smudges on lenses that are hard to get off. Use soaps without perfumes or lotions, such as Dial antibacterial, Neutrogena, Ivory, etc.

You will be supplied with a sample of the multipurpose cleaning solution that the doctor recommends. Clean case daily in the morning with warm tap water and let air dry. Always start with the same CL when cleaning, inserting or removing to prevent getting the left and right mixed up. Stay with the multipurpose solution given/prescribed today. Do not switch brands. Check for expiration dates on solution and contact lenses. Do not touch the tip of the bottle to your hands, eyes or to any surface. **NEVER USE TAP WATER OR SALIVA ON CL'S!**

At first, you may be able to feel the lenses or have mild irritation. The eyes need time to adjust to CL wear. This is normal. Slight redness is normal when you first insert the CL's. Pain is not normal. If you experience any pain or severe redness, remove CL's and call us. Eyes will be more sensitive to light with CL wear. Severe light sensitivity is not normal. If this happens remove the contacts and call us.

It is very important to wear non prescription sunglasses outdoors when wearing CL's. Wherever you get your sunglasses, make sure they are of good quality and have a UV blocking coating.

Contact lenses are like sponges and absorb what they come in contact with. Be cautious with aerosol sprays. Do not use any medicated drops while wearing contact lenses unless the doctor instructs you to. You may use lubricating drops with CL's. If you drop a CL and find it later after it has dried out, put some drops of multipurpose solution on it and transfer it to the case after it has re-hydrated.

NEVER sleep in daily wear CL's. They can dehydrate in your eyes and cause swelling and/or ulcers. If this accidentally happens, use lubricating drops before removal. If you do not you could damage the eye.

The CL looks like a bowl on the finger when correct. If inside out, the edges of the bowl roll outward or the CL will want to cling to your finger.

Do not swim in lenses without goggles. Do not sleep in extended wear contacts after swimming in pool, hot tub, lake, river or ocean.