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GUIDE TO EXTENDED WEAR SUCCESS

YEARLY contact lens and corneal health evaluations.

REMOVE contact lenses once a week for cleaning and overnight disinfection if the doctor has recommended a 6 night wear schedule. For 30 nights wearing, remove and dispose of contact lenses once a month. Also give your eyes one night of rest without contact lens wear.

ALWAYS use the multipurpose solution recommended by your eye care specialist. Use of other solutions may cause damage to your lenses or eyes.

REPLACE your lenses on a regular schedule that is recommended by the doctor. Most problems occur when patients wait until their lenses deteriorate or become badly coated before replacing with new lenses.

DO NOT sleep in lenses if there is even a slight irritation. A minor problem can turn into a more serious one overnight.

REMOVE your contact lenses if you have any of the following signs or symptoms:

- *foggy, misty, hazy, or steamy vision
- *redness
- *discharge
- *unusual sensitivity to light
- *a white spot on the cornea or lens itself

IN CASE OF EMERGENCY:

If you develop redness, pain, discharge, or a white spot on the cornea, call our office immediately! On weekends or after hours, please call the hospital operator at 681-6122 and ask for the on-call Ophthalmologist. Complications respond best if treated early!

Date: _____

Tech: _____

Patient: _____