

Kenneth D. Farr, M.D.  
Walter C. Meier, M.D.  
Emily C. Bollin, O.D.

## **Soft Contact Lens Care and Handling**

Proper care is necessary for successful wear, expected lens life, and good eye health. You will be provided with the initial products to clean, disinfect and store your soft lenses. They are also available at most pharmacies and grocery stores. Use them as instructed.

## **Opti-free Replenish or Aquify**

This solution will be used to clean, disinfect, store and rinse your lenses. After contact lens removal, rub lenses lightly in the palm of your hand with solution and then store in fresh solution. Fill the case with fresh solution every night. You may also rub your lenses in the morning. After lens insertion in the a.m., empty the case, rinse with hot tap water, and leave open to air dry.

\*NOTE: This product has been prescribed for you and your lenses. Do not change or substitute brands without consulting with us first. Improper solutions can result in lens damage or eye irritation.

IN THE BEGINNING IT IS NORMAL IF: your lenses itch or feel funny; you notice one more than the other; your vision seems more blurred than with glasses; one eye sees better; or you have trouble handling the lens.

REMOVE YOUR LENSES IF: you experience unusual pain or redness; you have a decrease in vision that does not clear up; or if you suspect something is wrong.

WEAR SCHEDULE DAY 1: wear lenses for only 4 hours; add on an additional 1-2 hours per day as it is comfortable up to 14 hours.

\*If you have been wearing contact lenses, follow the doctor's instructions for wear schedule.

REWETTING DROPS: You may use **Alcon Clerz Plus, Refresh Contacts, or Opti-free Replenish** rewetting drops, when needed, while contacts are on the eyes.

DATE: \_\_\_\_\_

TECH: \_\_\_\_\_ PATIENT: \_\_\_\_\_