

CONTACT LENS CARE & HANDLING GUIDE

Contact Lens Care & Handling Guide

Please read and initial each point

1. **Wash hands** with soap and dry with lint-free towel before handling lenses
2. **Insert lens before makeup** and remove before makeup removal
3. **Use only recommended solution.** Never use tap water, saliva, or expired solution
4. **Rub and rinse** lenses with solution even if using "no-rub" solution
5. **Do not "top off"** old solution in lens case. Empty, rinse, and air-dry case daily
6. **Replace lens case** every 1-3 months
7. **Wear schedule:** Do not exceed recommended hours of wear
8. **Do not sleep** in lenses unless specifically prescribed for overnight wear
9. **Do not swim/shower** with lenses. Water can cause serious eye infections
10. **Keep lenses away** from heat, direct sunlight, and cosmetics
11. **Follow replacement schedule:** Daily, 2-weekly or Monthly
12. **Attend follow-up visits** as scheduled:

Insertion & Removal Steps - Quick Guide

To Insert:

1. Wash hands → 2. Place lens on fingertip → 3. Look up, pull lower lid → 4. Place lens on eye → 5. Blink

To Remove:

1. Wash hands → 2. Look up → 3. Slide lens down to white of eye → 4. Pinch gently and remove

Warning Signs - Remove Lenses & Call Us Immediately If You Have:

- ☐ Redness or eye pain
- ☐ Blurred vision that doesn't clear with blinking
- ☐ Excessive tearing or discharge
- ☐ Light sensitivity
- ☐ Feeling that something is in your eye

Emergency Contact:

De-Lens Ophthalmics

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