

VISIONARY EYE ASSOCIATES

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CONTACT LENS CARE AND MAINTENANCE

Contact lens wear can improve the quality of your life. Make sure to take proper care of your lenses and understand what to do in the event of a problem. This packet provides important instructions and general information about contact lenses. Please read this packet completely and feel free to call our office if you have any questions or concerns.

EMERGENCY INFORMATION:

- We can be reached at (585)754-5525, 24 hours a day for eye emergencies.
- Please report any significant loss of vision or unusual vision changes.
- If your eye hurts, becomes very red, extremely sensitive to light, or develops a type of discharge, remove your contact lens immediately. Please do not re-insert contact lens in your eye until contacting our office.

GENERAL INFORMATION:

More than half of the American population use some form of vision correction. Contact lenses are available in various forms, designed to meet different purposes. They are small medical devices designed to correct refractive errors, that are regulated by the US Food and Drug Administration. As with all prescription/medication products, contact lenses can only be dispensed pursuant to the eye care practitioner's written or printed consent with a limited supply of lenses to be purchased before the expiration date.

REMINDERS:

- Contact lenses should be removed before swimming in fresh, salt, or pool water. If lenses are mistakenly worn during this period, they should be removed and disinfected as soon as possible.
- It is best to understand which type of contact lenses you are wearing, whether they are daily wear, bi-weekly, or monthly. Never sleep in your contacts, unless prescribed by your eye care doctor.
- Contact lenses should never be shared.
- Replace old solution in contact lens case with fresh solution before bed, every day/night.
- Replace contact lens case at least once every 3 months.
- Never use water.
- Replace contacts as recommended.

LENS WEAR SCHEDULE AND REPLACEMENT INFORMATION:

- Maintaining healthy eyes and proper vision includes regular evaluations by your doctor or contact lens specialist. Please wear your contact lenses to all of your routine visits.
 3 Months 6 Months 12 Months 24 Months Other
- Your lenses are designed to be worn on the following schedule:
 Daily wear, up to 16 hours prior to removing for sleep.
 Continuous wear, up to nights prior to removal.
- Your lenses are designed to be replaced on the following schedule:
 Daily 2 Weeks Monthly 3 Months 6 Months Annually

*****Important***** Wearing your lenses beyond this schedule will expose you to additional risks. Should you purchase your contact lenses elsewhere, your lens wear schedule, care regimen, lens replacement cycle and periodic examinations will remain unchanged.

LENS CARE INFORMATION:

- Always wash hands before insertion of contacts and before removal of contacts.
- Dump out used solution from case and clean it with fresh solution every day. Never use water.

Care System _____

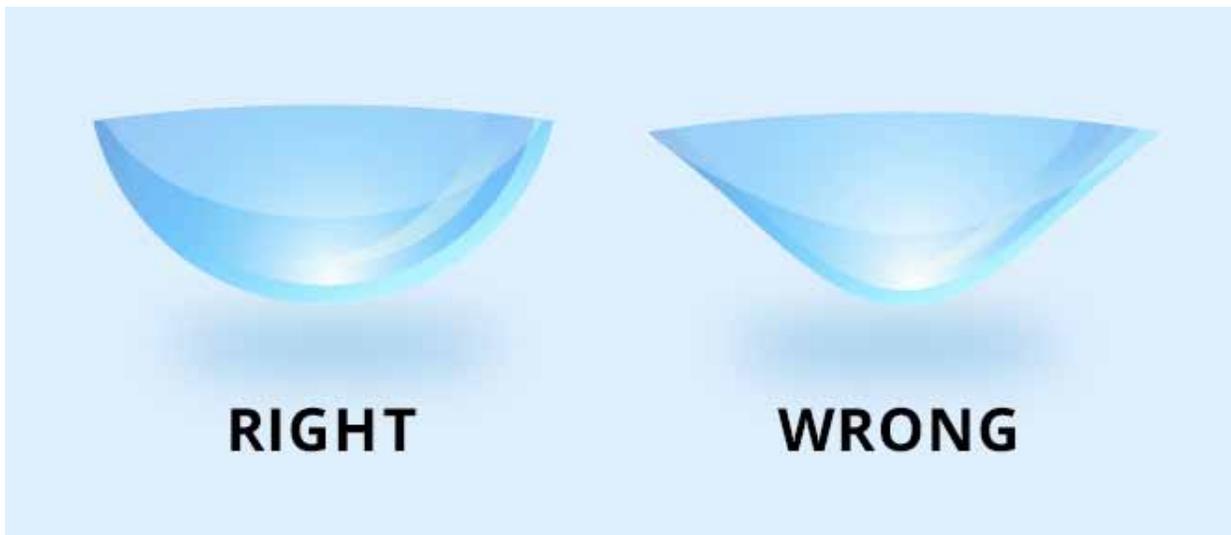
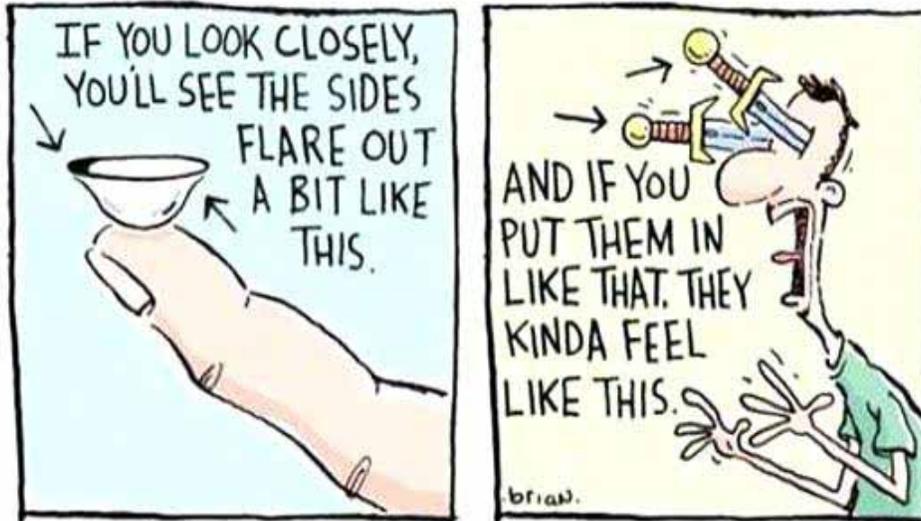
Daily Cleaner _____

Rewetting Drops _____

Other _____

Applying and Removing Soft Contact Lenses

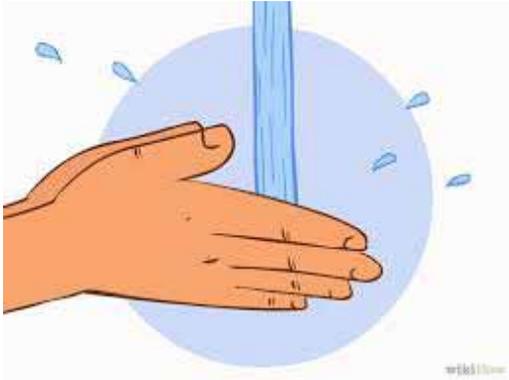
How To Tell If Your CONTACTS ARE INSIDE-OUT



Place the contact lens on your finger with the edges facing up. A correctly curved lens should appear totally **CONCAVE**. The edges of the lens should be **TURNT STRAIGHT UP**, like a bowl. If the edge of the lip of the lens appears to be slightly flared out, gently invert the lens and check it once again to be certain the lens is correct.

Steps: Applying Soft Contact Lenses

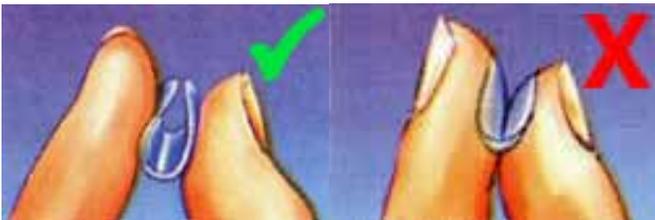
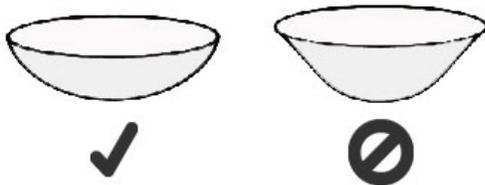
1. Wash and dry hands.



2. Rinse lens with solution to remove any trace debris.



3. Position contact on tip of finger.



Taco Method Test:

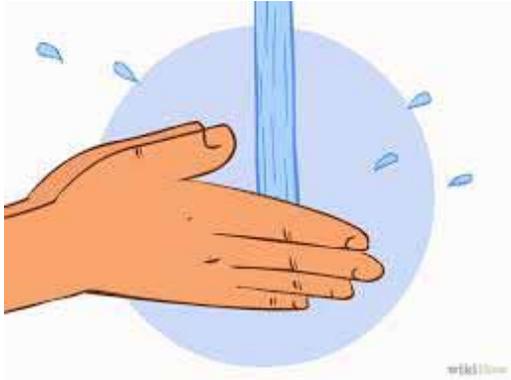
Fold contact in between index finger and thumb. If contact edges bend towards each other, it is the correct way, if they flare out towards fingers, it is inside out.

4. With one hand raise upper lid by firmly gripping underneath the eye lid. With the second hand (your dominant hand) pull lower lid down with your middle finger, look up and place the contact lens on the lower portion of your eye. Look straight ahead or down a bit to allow the contact lens to slide on to the cornea. Before closing eyelids, look side to side to allow contact lens to center itself and release any bubbles.

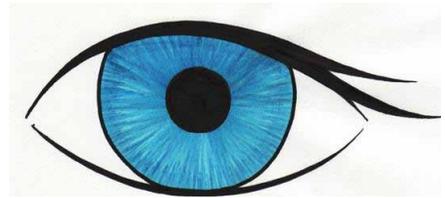


Steps: Removing Soft Contact Lenses

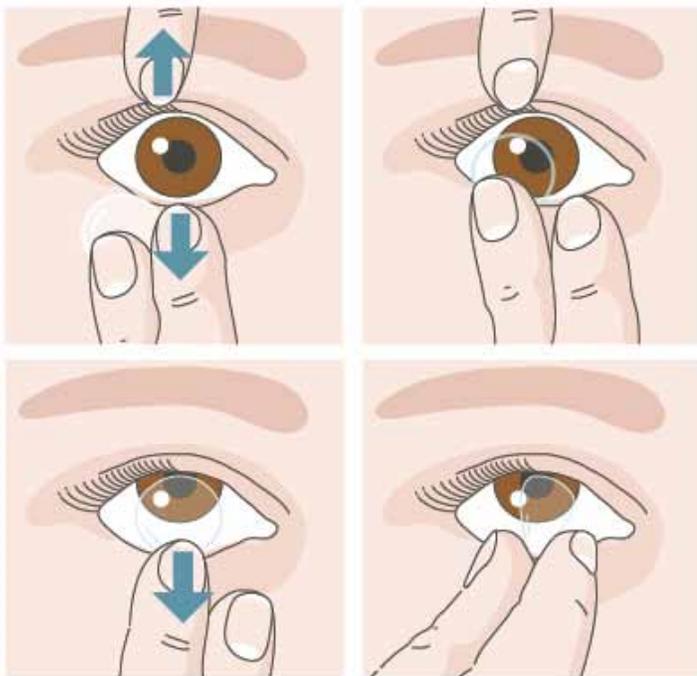
1. Wash and dry hands.



2. Make sure contact is centered in your eye before removal. Never search for for a contact by probing your eye with your finger. If your eye feels particularly dry, insert a few rewetting drops to lubricate your lens before removal.



3. As you look up, pull your lower eyelid down with your middle finger. Gently squeeze the lens between your thumb and index finger, and remove it from your eye.



4. Rinse the lens with contact solution, and put it into your lens case with fresh solution.

