

## CONTACT LENS INSTRUCTIONS

Your care system has been chosen for you by your eye doctor. Not all contact lens solutions are compatible with each other or with your lenses. Do not use solutions other than the ones your eye doctor has prescribed for you

### INSERTION OF LENSES

#### Putting Lenses On

1. Always wash your hands before handling lenses.
2. Work over a counter or table.
3. If you wear lenses on both eyes, always start with the same eye. This will avoid getting the contact lenses mixed up.
4. Rinse the lens with contact lens saline solution before putting it on. Do not use tap water or distilled water.
5. Check the lens for cracks or chips.
6. After lenses have been put on, soaking solution must be emptied out of the case. The case should be rinsed in warm tap water and allowed to air-dry. Do not re-use or save soaking solution.
7. If the eye becomes red, painful, or has discharge, remove the lens. Immediately contact the Eye Clinic at (775)883-4664. Hours are Monday through Friday, 8:30 AM to 5:30 PM.

### REMOVAL OF LENSES

#### Taking Lenses Out

1. Always wash your hands before handling lenses.
2. Work over a counter or table. When using a sink, be sure the stopper is over the drain.
3. Always start with the same eye. This will avoid getting lenses mixed up.
4. First remove the contact lens.
5. Then place 3-4 drops of daily cleaning solution in the palm of your hand.
6. Gently rub the contact lens in the cleaning solution using your index finger for 30 seconds on each surface.
7. Next, rinse the cleaned lens with contact lens saline solution.
8. Do not use tap water or distilled water.
9. Place the lens in the center of the lens well in the case.
10. Fill with fresh soaking solution

We are pleased that you have chosen Eastern Sierra Eyecare for your contact lens care and look forward to a very pleasant experience with you.

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Patient's/Guardian's Signature

DATE

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Technician's Signature

DATE

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