

Thank you for selecting us to fit you with your new soft contact lenses! We appreciate your confidence in us. We are here to make your adventure into contact lenses a very successful one! If you have any questions, at any time, please call the office.

This pamphlet was written by Dr. Wazny. It contains information that has been proven to be very successful over the years. Please follow all instructions carefully.

### Your Fitting Program Includes ALL of the Following:

1. A complete vision examination
2. Evaluation for contact lenses
3. ONE pair of factory fresh contact lenses
4. Cleaning and handling instructions
5. A care kit with a lens holder and solution
6. 30 Days of follow up care. All appointments during the fitting period will be at no charge
7. If necessary, ONE change of lens per eye to ensure a proper fit
8. A final contact lens prescription at the END of the fitting period.

Proper care is essential for successful contact lens wear, normal lens life and good eye health. Please follow ALL instructions completely. Make sure you keep all appointments for your follow-up visits.

### BE SURE TO:

1. Write down your questions and bring them to each follow-up visit
2. Bring your eyeglasses with you to each visit.
3. Follow your recommended wearing schedule.

*The care kit we recommend has been thoroughly evaluated by our office and offers the best cleaning regiment we have found. If you want to change solutions brands, give us a call first.*

### REMOVE YOUR LENSES IF:

- You develop unusual pain and/or redness
- You experience a decrease in the clarity of your vision that does not clear up

**Then, CALL THE OFFICE!**

### As you begin to wear your lenses, it is NORMAL if:

- Your eyes itch or feel slightly irritated
- One lens is more comfortable than the other
- Your vision, at times, seems 'fuzzier' than with glasses
- One eye sees better than the other
- You have trouble handling your lenses

**All of these symptoms usually subside as your eyes adapt to the lenses over the first weeks or so. We will discuss any issues at your follow-up visit.**

### Wearing Schedule

Most patients can adapt to wearing soft contact lenses rather quickly. Some patients require a little longer time to adapt. We have found when patients are new to contact lenses they do well if they gradually increase their wearing time a little each day.

Start with about 4-6 hours the first day and increase an hour a day, as the lenses become more comfortable.

The ultimate goal is to wear the lenses all day, remove in the evening (about an hour before bed is a good idea) and sleep without any lenses on.



## Instructions for the Care & Handling of

# Soft Contact Lenses



- ❖ Daily Wear
- ❖ Extended Wear
- ❖ Daily Disposables
- ❖ For Astigmatism
- ❖ Bifocal Lenses
- ❖ Colored Lenses

**Dr. Michael J. Wazny, OD**  
Optometrist



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**Lakewood, CO 80227**

**303 988-5858**

Your lenses should be replaced every \_\_\_\_  days  
 weeks  
 month

# Instructions for the Care and Handling of Soft Contact Lenses

## 1. Wash Hands



**B**efore handling your lenses, wash your hands, rinse well and shake dry. If you use a towel, watch out for lint left on your hands...it could get on the lenses. Also, watch out for long fingernails to avoid damage to the lenses or your eye.

## 2. Rinse\* Lens before Inserting



**R**inse your lenses thoroughly before inserting in your eyes by using the rinsing/soaking solution. If you are putting a brand new pair of lenses on, you can insert them right out of the package.

## 3. Inspection

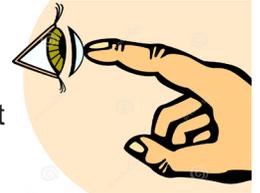
**P**lace the lens on the tip of your forefinger and inspect it for cleanliness and determine if it is right-side-out.



If the lens is in the correct orientation, the edges will appear to be rolling toward each other as you gently squeeze the lens.

When inverted, the lens edge flares out against your fingers.

## 4. Insertion



- Place the contact lens on your **DRY** fingertip
- To prevent blinking, use your other hand to hold your upper lid open by pulling up and holding your upper lashes
- Pull your lower lid down
- Keep both eyes open!
- Place the lens on the central part of the eye. **Avoid hitting your eyelids!**
- Back your finger away before trying to blink
- Roll your eyes to work out any bubbles, then take a slow first blink.

## 5. Eye Drops



**I**f your eyes are feeling dry or your vision is intermittently blurry, a drop of re-wetting solution may help. Use only drops recommended for soft contact lenses. A very good drop is "Retaine MGD", available over the counter.

## 6. Removal



**W**ash your hands before removing your lenses. Hold your eyelids as you did when you inserted your lenses. Using your thumb and index finger, gently pinch the lower edge of the lens and pull it off your eye.

## 7. Cleaning\*



**M**ost of the time you can take your lenses out and place them directly into the case with fresh solution.

If they have been dry, sticky or the vision has been hazy, try cleaning the lenses before you soak them. To clean, place a lens in the palm of your hand, add a few drops of solution and rub back and forth for a few seconds. Rinse thoroughly.

## 8. Storage\*/Disinfection

**P**lace FRESH soaking solution in each side of the case every night. Work with one lens at a time and seal with the lid before working on the next lens. This will help avoid mixing up the lenses from eye to eye.

Let the lenses soak for at least 4 hours before wearing again. When your case is not being used to store the lenses, rinse it with tap water and let it air dry until you need it again.

\* Many care kits are a ONE SOLUTION system which uses the same solution for cleaning, rinsing and storing. Follow the directions as indicated on the package.