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## Patient Instructions Guide for Your New Contact Lenses

### Good Lens Care:

1. Always wash your hands before handling your lenses. AVOID perfumed and lotion-based soaps
2. Always handle the right lens first, in order to avoid mix-ups.
3. Use your fingertip when handling your lenses, AVOID your fingernails as the lenses can tear.
4. NEVER share solutions or eye drops with anyone.
5. Throw away your contact lens case every two months.

### Directions for Cleaning – Night Time Routine:

1. Remove right lens, place in palm of your hand and rinse with Multi-Purpose solution.
2. Put in case with FRESH Multi-Purpose solution.
3. Lenses must soak for at least 4 hours to allow for proper sterilization.

### Morning Routine:

1. Remove right lens from case and rinse generously with solution. The lens is now ready to insert into right eye. Repeat rinse with left lens and insert into left eye.
2. IMPORTANT – Empty and rinse storage case and allow to air dry.

### **REMOVE YOUR LENSES AND CALL US (Stafford 684-2191 or Tolland 870-4632) IF YOU EXPERIENCE ANY OF THE FOLLOWING:**

1. Increase blur or hazy vision.
2. Pain
3. Pink or Red Eyes
4. Pus or any discharge from either eye.

### Wearing Schedule:

- Day 1 – 4 hours
- Day 2 – 5 hours
- Day 3 – 6 hours
- Day 4 – 7 hours
- Day 5 – 8 hours (maximum)

**DO NOT WEAR LENSES ANY LONGER THAN 8 HOURS UNTIL THE DOCTOR APPROVES A LONGER WEARING TIME AFTER YOUR FIRST FOLLOW-UP APPOINTMENT.**

**Important – Do Not:** Sleep in, Shower in or Swim in your Contact Lenses.