

## **CONTACT LENS PROTOCOLS – DO'S AND DON'TS**

### **DO**

- Wash your hands prior to handling your contact lenses
- Clean and replace cases on a regular basis
- Discontinue lens wear and immediately consult your eye care practitioner if symptoms of pain, blurred vision, redness, increased tearing or photophobia occur
- Rub, rinse and disinfect your lenses after each use (except daily disposable lenses which should be discarded after each wear)
- Air-dry the storage case and keep dry when lenses are being worn
- Apply your lenses before putting on make-up; upon removal of make-up, remove lenses first
- Apply hairspray before inserting contact lenses
- Apply cologne/perfume before inserting contact lenses
- Have an up-to-date pair of glasses available for when you need to remove your lenses

ASK YOURSELF THESE THREE QUESTIONS:

1. Do my eyes *look* good? – no redness
2. Do my eyes *feel* good in my lenses? – no discomfort
3. Do I *see* well? – no unusual burning

If the answer to any of these question is "no", leave your contact lenses out and consult your eye care practitioner.

### **DON'T**

- Use tap water on your lenses or lens case
- Wet your lenses with saliva
- Re-use disinfecting solution – discard and replace with fresh solution each time lenses are stored
- Sleep in your lenses unless specifically advised by your practitioner – IF YOU FALL ASLEEP WEARING THE CONTACT LENSES – *DO NOT PANIC*. DO NOT REMOVE THEM IMMEDIATELY. MOISTEN YOUR EYES WITH LUBRICATING DROPS, WAIT A MINUTE OR TWO, THEN REMOVE THEM FROM THE EYES.
- Switch the type of solution you use except on the advice of your practitioner
- Wear your lenses for swimming or water sports, unless wearing your goggles
- Share your contact lenses with anyone – ever! Sharing lenses can spread micro-organisms and infections

A CONTACT LENS IS A MEDICAL DEVICE, IF YOU EXPERIENCE EYE REDNESS, EYE PAIN OR DEVELOP OTHER UNUSUAL SYMPTOMS, CALL US IMMEDIATELY

**INSTRUCTOR:** \_\_\_\_\_

**PHONE: 416-977-8194**

**TYPE OF CONTACT LENSES:** \_\_\_\_\_

**DATE:** \_\_\_\_\_