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 <u>see</u> 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**

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

INSTRUCTOR: _____   PHONE: 416-977-8194

TYPE OF CONTACT LENSES: _____   DATE: _____