

Soft Lens Care Tips

from Swanson Eyecare, PC



Warning: Wearing contact lenses significantly increases your risk for serious eye infections, corneal abrasions, corneal scars, corneal ulcers, eyelid inflammatory diseases like GPC (giant papillary conjunctivitis), and abnormal blood vessel growth into the corneas from lack of oxygen. These conditions may lead to permanent damage to your eyes and vision, including partial loss of vision, complete loss of vision and blindness.

The following instructions are provided to help you maintain safe and healthy contact lens wear:

1. Wash your hands thoroughly before handling your lenses. Avoid using soaps that contain lotions or deodorants as these may damage your lenses.
2. Before inserting your lenses, always inspect them to be sure they are clean and free of defects. Do not wear any lens that appears discolored or damaged. Check to be sure that the lens is not turned inside out. Rinse your lenses with saline solution or multipurpose solution before inserting them. Do not use tap water. Once you have inserted your lenses, always be sure that you can see well and that the lenses are comfortable. If you experience a change in your vision, redness, pain, abnormal sensitivity to light, or discharge from your eyes, **REMOVE YOUR LENSES IMMEDIATELY AND CONTACT OUR OFFICE!**
3. If your eyes feel dry you may use rewetting/ lubricating drops. Use only drops that are approved for use with soft (hydrophilic) lenses. We recommend preservative-free rewetting drops, like Refresh by Allergan or Blink by AMO. Using rewetting drops before removing your lenses will make it easier to remove them and will help to prevent tearing your lenses. Do not place lenses in your mouth for rewetting.
4. Do not exceed the recommended wearing schedule for your lens type. Wearing lenses past their approved schedule can increase your risk for eye infections and may damage your eyes. Your lenses should be removed anytime they irritate or bother your eyes. To allow sufficient time for your corneas to “rest” from wearing contact lenses, it is recommended that you wear your glasses one day each week.
5. Swimming and/or using a hot tub while wearing lenses increases the risk for serious eye infections and permanent vision loss and therefore it is *not* recommended.
6. You must clean *and* disinfect your lenses at the end of each day with fresh disinfecting solution. Be sure to thoroughly rinse your lens case out each day with disinfecting solution and let it air dry. You should replace your lens case at least every 3 months to help reduce the risk for infections. Initial samples of the solutions that the doctor recommends will be provided for you. Not all care systems are the same, therefore, we do not recommend substituting other solutions as this may discolor/damage your lenses and irritate your eyes. If you have any questions about your care system, please contact our office.
8. For successful contact lens wear heavy eye make-up is not recommended. You should avoid metallic and oil-based make-up.
9. Please note that changes in your general health (including pregnancy) or medications may affect the success of your lens wear. If you notice changes or difficulties, please contact our office.
10. Some contact lens wearers experience more glare and sensitivity from sunlight. Polarized sunglasses will reduce glare and provide more comfortable vision.
11. It is your responsibility to return for follow-up visits, as recommended by your doctor. Only your doctor can determine through examination how your eyes are adapting to your new lenses, if your eyes are healthy, and if there are any signs of possible problems. It is recommended that you have a yearly eye examination and evaluation of your contact lenses to ensure that your eyes are healthy and that your lenses are fitting properly.

If you have any questions or difficulties with your contact lenses, please contact our office immediately.

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