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Contact Lens Wearing Guide

Contact lenses allow temporary freedom from wearing glasses that can enhance our lives, but there are risks that you should be aware of. Some of these risks include eye infection, infections corneal ulcers, blurred vision that comes with corneal edema, ulcers or contact lens overwear. These conditions may cause loss of vision if not quickly identified and promptly treated.

Call our office immediately if you notice:

1. increasing ocular redness
2. Pain
3. Unusual sensitivity to light
4. Blurred vision
5. Eye discomfort upon insertion of contact lenses

Properly caring for your contact lenses is more important than you think. The most risk to contact lens wearers is bacterial infection, however a select few have had fungal infections which are much more difficult to treat. Below are some tips for caring for your contact lenses:

1. Never re-use the same contact lens solution: discard it after inserting your contact lenses in every morning.
2. Never put your contact lenses in tapwater: this can increase your chances of developing infection and can dehydrate soft contact lenses causing them to no

longer fit comfortably.

3. Buy a new case every three months: Contact lens cases get dirty easy and can quickly become a place where bacterial agents can thrive.

4. We recommend rubbing your lenses for about 5 seconds on each side immediately after removal from your eyes.

5. Follow your optometrists advice for wearing schedule and do not overwear your lenses. Disposables were made to be thrown away.

6. Follow your optometrists advice for contact lens cleaning solution.



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