

DR. EMILY M. BUSSEY, O.D.

INSTRUCTIONS FOR CONTACT LENS CARE

TIPS FOR LENS INSERTION:

- Get the finger you will use to insert the lens as dry as possible. The lens will stick to the most moist surface.
- Place lens on the very tip of your finger, with the smallest area possible touching the finger.
- Open eye wide. Secure the eyelids so you are not able to blink and see white all the way around the colored part of your eye.
- Don't let go of lids until the lens is on your eye and there are no bubbles.

CARING FOR YOUR CONTACT LENSES:

After removing lenses at the end of the day, they must be cleaned. Either rub the lenses for 10 seconds on each side or rinse each side with solution for 10 seconds. It kills 70% of germs on the lenses and helps remove oils and deposits.

If your lenses dry out during the day, you will need to use lubricating eye drops. We recommend using Systane Ultra or Refresh Optive drops for this purpose. Your risk for dryness is greater if you already have dry eye, allergies, work in a dry environment, or if you work at a computer. Since the formulas for producing eye drops of this nature vary significantly from one manufacturer to another, do not change solutions unless you check with Dr. Bussey first. Use of non-recommended products can result in lens damage or irritation to your eyes.

CARING FOR YOUR CASE:

- Each day after inserting your lenses into your eyes, rinse the case with hot water and let it air dry completely.
- Replace your case every 3 months, every time you get a new case with solution, or if it gets dirty or moldy.

The biggest source of infection comes from your case. Do not let your lenses sit in stale, topped-off solution. Bacteria and fungus will grow in this moist environment. Mold, bacteria, or other contaminants that are in your case will travel on your lenses into your eyes! **Replace your case often.**

IN THE BEGINNING IT IS NORMAL IF:

- Your eyes itch or feel funny.
- You are more aware of one lens than the other.
- You have better vision in one eye than the other.
- You have trouble handling your lenses.

REMOVE YOUR LENSES IMMEDIATELY IF:

- You develop unusual pain or redness.
- You develop unusual foggy or cloudy vision.
- You experience a decrease in vision that does not clear up.
- You suspect something is wrong.

SERIOUS COMPLICATIONS OF INAPPROPRIATE CONTACT LENS CARE:

- Superficial punctate keratitis (corneal irritation).
- Corneal Neovascularization (leaky unnatural blood vessels)
- Bacterial Conjunctivitis (pink eye).
- Corneal ulcer and infiltrates, which can lead to blindness.

CONTACT LENS CHECK LIST:

I have received:

- Instructions on how to insert and remove contact lenses.
- Detailed instructions on the cleaning and care of contact lenses.
- A sample of solution and new contact lens case.
- Instructions for what to do if my eyes become red or irritated by my lenses.
- Instructions to replace my lenses every _____.
- Instructions to gradually increase wearing time from 4 hours daily to 12 hours daily.
- An appointment for my first follow-up visit at _____am/pm on _____.

I understand that:

- Contact lenses are medical devices and can damage the health of my eyes if I do not follow the advice Dr. Bussey and/or Dr. Stevens have given me.
- Improper use and/or inadequate care of contact lenses may cause eye irritation, infections, and corneal injury.
- Periodic exams are necessary to monitor my eye health and the condition of my lenses.

I agree to follow the instructions Dr. Bussey and/or Dr. Stevens have given me. I will call the office if I have any problems, questions, or concerns.

Patient (or Parent/Guardian) Signature

Date

Please Print Patient Name