

Wearing Schedule

During your first week with contact lenses, please adhere to this daily wearing schedule to help your eyes adjust to them. Over-wear can cause serious eye strain, conjunctival irritation, or even corneal problems that could make you unable to wear contact lenses in the future.

Never wear your lenses longer than advised, but you may wear them for less time if you want to.

Day 1 _____	: 6 - 8 hours
Day 2 _____	: 6 - 8 hours
Day 3 _____	: 8 - 10 hours
Day 4 _____	: 8 - 10 hours
Day 5 _____	: 10 - 12 hours
Day 6 _____	: 10 - 12 hours
Day 7 _____	: 12 - 14 hours

Essential

Whenever you remove your lenses, they must be cleaned and stored utilizing the regimen you were shown by your Contact Lens Technician.

Continued eye health depends on you keeping your lenses clean, replacing them as prescribed, and keeping your yearly eye doctor appointment.

Follow Up Visit

One week after your fitting, you will need a fifteen-minute vision and slit-lamp check with your new lenses in place.

Please arrive at the office with the lenses already in your eyes. Please ask any questions you have concerning your contact lenses at this appointment.

Follow Up Visit Scheduled For:

You may purchase replacement lenses from our Contact Lens Service, or we will provide you with a prescription so you can purchase them elsewhere. You can only purchase the lenses your prescription is written for, no substitutions.

Ophthalmology Department Contact Lens Information for the New Wearer

For more information about contact lenses:

Leah Goulet, COA

Contact Lens Technician

(603) 354-5454 ext. 3566

149 Emerald St., Keene, NH 03431

cheshire-med.org

Ophthalmology Department

Contact Lens Information for the New Wearer

Essential eye and lens care instructions for those considering contact lenses.



Ophthalmology Department

Contact Lens Information for the New Wearer

Your First Appointment

The decision to be fitted with contact lenses is an important one and there are specific instructions you need to follow. There are dangers you need to be aware of so you can safely and successfully wear contacts.

Your initial visit with the Contact Lens Technician is scheduled for one hour.

During that time, you will:

- Learn how to insert and remove the lenses. You must perform both in order to leave with lenses.
- Learn how to clean and care for your lenses.
- Learn the difference between the “inside” and “outside” of the lenses to ensure that you never put a lens in your eye backward.
- Take a vision exam for near and far vision, and a slit-lamp exam to make sure the lenses fit after their insertion.

Always:

- Have clean hands before inserting or removing the lenses. Soap and water are best. Don't use any antibacterial lotion/soaps that do not wash off, such as Purell. These solutions have alcohol in them that would irritate your eyes.
- Put makeup on AFTER lenses are in. When you want to wash your face, REMOVE your lenses first.
- Check your lenses before inserting them for rips, debris, or whether the lens is inverted.
- Replace your lenses as prescribed.
- Rinse your lenses prior to insertion with the product you are given in the office.
- Keep your follow-up visits. These are important to maintain the health of your eyes.
- Only use the products you are given by the Contact Lens Technician. Generic or cheaper brands often have many different chemicals and preservatives that may irritate your eyes.

Never:

- Wear your lenses longer than instructed to. Over-wear, which can cause serious damage and problems to your eyes, may make you unable to wear lenses in the future.
- Let someone else wear your lenses.
- Use anything in your eyes unless prescribed by your eye doctor or recommended by the Contact Lens Technician.
- Sleep with your lenses in, EVER!
- Swim or shower with your lenses in, even while wearing goggles.
- Wear a torn, damaged or old lens.
- Put any drops or solutions with a red cap directly in your eye.

Any of these factors could lead to corneal irritation and/or damage.

Storage Solutions

Store your lens only in the recommended solution for your specific lens. Using any other fluid—such as tap water or a generic brand of cleaner—could have serious consequences including, but not limited to:

- eye infections
- conjunctival irritation
- serious corneal abrasion