



children's
EYE CARE

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Soft Contact Lens Information for New Wearers

Contact lenses have been prescribed for you to correct your vision. Please read below to learn more about their care. Know that itching, tearing, slightly different vision than in glasses and increased lens awareness is normal at first. *Redness, pain and cloudy vision that persists is not normal and warrant a call to the office right away.*

Insertion

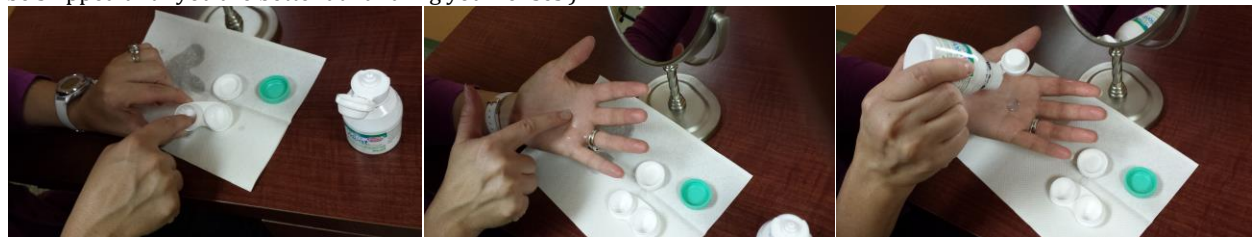


Wash hands thoroughly with non-scented soap and prepare a clean working field with a paper towel.

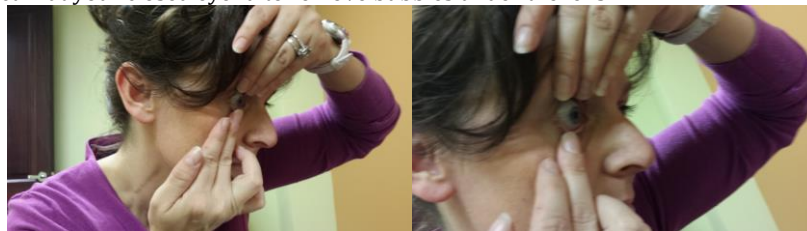


Do NOT use tap water to clean or handle your LENSES or to clean the CASE.

Remove the lens and place in the palm of your hand. Dry your index finger, and then place the lens on the back of your hand. This will make it easier to keep the lens wet and your finger dry. Dry your free hand completely, and then scoop up the wet lens with your index finger. Try to balance the lens at the tip of your finger as though spinning a basketball. This will make it easier to insert. (For toric lenses, attempt to align the markings as directed. If this is too difficult, this step can be skipped until you are better at handling your lenses.)



Make sure the lens is still wet. If not, instill a rewetting drop. Hold lids WIDE open as shown. Place the lens squarely on the cornea, looking through the lens. Release your bottom lid and use that hand to pull your upper eyelashes out and down over the contact. Pat your closed eyelid to remove bubbles under the lens.



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Removal



Wash hands thoroughly with non-scented soap and prepare a clean working field with a paper towel.



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Spherical lenses: while holding the eyelids WIDE open with your fingers as shown, pinch the lens with thumb and forefinger to remove. **Toric lenses:** Instill a rewetting drop, hold the lids open as shown, and rotate the lens before pinching off. The next day, rotate the other way. This will prevent ripping of the lens.



Cleaning

Your lenses must be removed and cleaned every night using your recommended solution.



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Clear Care solution: Place each lens in the cleaning basket and rinse for 5 seconds. Fill the container to the line and place the basket inside, screwing it down tightly. Wait a minimum of 6 hours before wearing the lenses. Once the 6 hours is up, the solution is neutral and lenses can be placed directly in the eye. DO NOT re-rinse with fresh solution; this will cause a burn to the eye.

Multipurpose solution (Optifree, Biotrue, Renu): Pour solution over the lens in your palm and rub it with your index finger to remove build up, then rinse with fresh solution. Fill the case with fresh solution and put the lens in to soak overnight, closing the caps tightly. In the morning, rub and rinse your case, then allow it to air dry completely during the day while wearing lenses.



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PEDIATRIC OPHTHALMOLOGY+ADULT STRABISMUS

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General Handling

- If the lens is inside out, it will look like a cereal bowl from the side with the edges flared out. Pinch the edges together if you are unsure; an inside out lens will offer resistance to this.
- Rewetting drops can make it easier to remove a lens at the end of the day.
- A wet lens is your friend. A lens that has dried out will be more difficult to insert; rewetting drops will help if this has occurred toward the end of the day, in which case the lens will seem to stick to your eye. A lens which has dried out completely should be replaced.
- A monthly lens should be replaced at the end of the month even if only worn once. Similarly for quarterly replacement lenses.
- If the lens is uncomfortable on insertion, there may be debris on the lens or it may be inside out. Rinse with rewetting drops or saline. If this does not alleviate the discomfort, remove, rinse and re-insert the lens.

Do's and Don'ts

- Don't rely on contacts alone. Glasses are a must in case of irritation or infection.
- Do build up wear time. Wear the lenses no more than 4 hours day 1, building an hour more each day.
- Do be patient. Like any new skill, handling contacts will take some time. Keep practicing!
- Don't keep practicing on the same eye over and over if it is getting red. Give yourself a break and try again later.
- Don't put any solution with a red tip directly in the eye.
- Don't wear contacts in the swimming pool, lake, hot tub, shower or bath, or when working around chemicals.
- Don't use water or unapproved solution systems. Don't reuse solution.
- Do keep scheduled follow-up appointments.
- Do put make-up on after contact lens insertion.
- Do close your eyes if using hairspray or perfume while wearing contact lenses.
- Don't sleep in contact lenses unless your doctor has said this is OK.
- Never overuse your lenses. Always dispose of lenses according to your prescribed schedule.

Children's Eye Care of Michigan asks that all of our patients visit www.ContactLensSafety.Org for more information on how to wear their contact lenses safely.

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