

Contact Lens New Wearer's Program: Patient Instructions

Welcome to the freedom of contact lens wear! Without question, contact lenses are little plastic miracles, but in order to enjoy them safely it is important to always follow the recommended torontoeyecare guidelines.

1. Before Contact Lens (CL) INSERTION & REMOVAL

- **ALWAYS** wash your hands thoroughly with warm water and soap **BEFORE** handling your CLs
- **DRY** your hands thoroughly with a TOWEL or lint-free paper towel

2. CL INSERTION

- Follow the CL INSERTION techniques as described in your in-office session
- **HELPFUL HINTS:**
 - i. Make sure your insertion finger (usually your dominant hand index finger) is mostly DRY or else the CL will stick to your finger instead of sticking to your eye
 - ii. Make sure your eyelids are gently pulled apart far enough to allow easy clearance of the total CL
 - iii. Be gentle when inserting the CL – the more FORCE you apply will distort the lens shape and make CL insertion **MORE** difficult – and allow the tear absorbing properties of the CL to pull the lens onto the ocular surface
 - iv. It is NORMAL upon first insertion to feel like there is something in your eye. This “something in the eye” feeling should improve within several minutes of insertion. IF IT DOES NOT IMPROVE THEN:
 1. REMOVE THE CL IMMEDIATELY
 2. INSPECT THE CL FOR ANY TEARS OR DAMAGE
 3. IF THERE IS NO DAMAGE, THEN RINSE THE CL THOROUGHLY AND RE-INSERT AS DIRECTED
 4. IF UPON RE-INSERTION THE DISCOMFORT CONTINUES THEN REMOVE THE LENS PLEASE CALL OUR OFFICE FOR FURTHER INSTRUCTIONS.

3. CL REMOVAL

- Follow the CL REMOVAL techniques as described in your in-office session
- **HELPFUL HINTS:**
 - i. Feel free to put one or more CL rewetting drops into your eye to FLOAT the lens away from your eye to make it easier to remove

- ii. Make sure your eyelids are gently pulled apart far enough to allow easy access to the CL
- iii. Don't be afraid to apply gentle pressure to the eye to allow your thumb and index finger to grab the lens properly. Remember, a soft CL is water-absorbent (tear-loving) and will want to stay on the tear film unless your fingers apply the right amount of pressure to unlock that physical attraction

4. CL CLEANING & DISINFECTION

- Follow the CL CLEANING & DISINFECTION techniques as described in your in-office session
- **HELPFUL HINTS:**
 - i. Make sure to remember to RUB both sides of the CLs for at least 30 seconds to ensure thorough cleaning
 - ii. Make sure to FILL your lens case properly with NEW SOLUTION EACH TIME in order to FULLY submerge the CLs to achieve complete disinfection
 - iii. Make sure your CL lens case is kept as clean as possible by washing it with soap and water at least once per week

5. FIRST WEEK OF CL WEAR (ADAPTATION)

- Soft CL technology has improved tremendously and has made OCULAR SURFACE AND EYELID ADAPTATION much faster and easier.
- DAY 1:
 - i. It is NORMAL upon first insertion on DAY ONE to feel like there is something in your eye. This "something in the eye" feeling should improve over the course of the day UNLESS there is something wrong with your lens or your eye.
 - ii. In order to reduce your risk of CL discomfort, the doctors at toronto**eyecare** recommend you **limit DAY ONE CL wear to 4 hours.**
 - iii. It is NORMAL on DAY ONE THAT:
 1. Your eyes may feel slightly DRY the longer you wear your CLs – don't be shy to use the CL rewetting drops
 2. Your eyelids will feel like their touching the edge of the lens every time you blink
 3. Your eyes will appear slightly RED by the end of the 4 hours of CL wear
 4. Your vision MAY be inconsistent during the recommended 4 hour wearing time especially **IF** you are wearing a
 - TORIC (ASTIGMATISM-CORRECTING)
 - BIFOCAL OR MULTIFOCAL OR PROGRESSIVE CL

- If your CLs are working properly then your vision should IMPROVE with each successive day of CL wear
- If your CLs are not working properly then your vision WILL NOT IMPROVE and it will be necessary for you to re-evaluated by one of our eye doctors
- DAY 2 – DAY 7
 - i. With each day of CL insertion & removal practice, it will become MUCH easier for you to handle your CLs properly and REDUCE the risk of discomfort
 - ii. INCREASE your CL wearing time by 1 to 2 hours each day following all the recommended guidelines for proper CL care
 - iii. By the end of DAY 7 you should be able to comfortably wear your CLs for at least 8 to 14 hours – however, REMEMBER, wearing times may vary depending on differing ocular physiology, environmental conditions (dry air or wind), or vision tasks (computer, reading)

6. DAY 8 – 14: CL FOLLOW-UP EVALUATION AT TORONTOEYECARE

- Once you have worn your CLs for at least ONE week, it is very **IMPORTANT** for you to come back and be evaluated by your toronto**eyecare** eye doctor
- CLs are regulated medical devices and **MUST** be evaluated under an ocular microscope to ensure compatibility with the human eye
- **REMEMBER:**
 - i. Please bring your CLs with you at the time of visit
 - ii. Your CL vision and comfort will be re-evaluated and changes will be made by your toronto**eyecare** eye doctor when clinically necessary

CL FOLLOW-UP EVALUATION AT TORONTOEYECARE

DATE: _____ TIME: _____

DOCTOR: Dr. J. Nolfi Dr. U. Kawale Dr. M. Acs OTHER: _____

*****ATTENDANCE IMPORTANT TO ENSURE PROPER CL FUNCTION AND USE*****