

## PATIENT INSTRUCTIONS: CONTACT LENS DO'S AND DON'TS

### DON'T:

1. Don't wear the lenses if they have suddenly or consistently become uncomfortable.
2. Don't wear your lens if you notice a rip, tear or chip in the lens.
3. Don't exceed your wearing schedule. Maximum recommended wear is 12 hours/ day.
4. Don't sleep in your lenses (extended wear) if your doctor prescribed no sleeping in (daily wear).
5. Don't handle your lenses roughly and avoid contact with fingernails (the #1 cause of lens damage).
6. Don't insert your lenses over a sink with open drain. A dropped lens will look like a drop of water and may get rinsed down sink.
7. Don't move around if a lens is dropped. Check your lashes, clothing, shoes and immediate area around you before moving. A wet lens can stick to almost anything. If you step down, you can damage the lens.
8. Don't pick up a dropped lens with your fingernail or push it along a rough surface to lift it. Dampen your finger so the lens can stick to it.
9. Don't use any other solutions other than what your doctor prescribed. Switching or mixing brands of cleaning/disinfection solutions can irritate the eyes. Talk to your doctor if you are having problems with your solution.
10. Don't touch solution bottles to lenses or cases. This can contaminate a sterile bottle of solution.
11. Don't try to wear a soft contact lens that was left out of solution and has become brittle or if it has taken a long time to locate a dropped lens. Throw the lens away and start with a new, sterile lens.
12. Don't wet lenses by putting them in your mouth. There are bacteria in the mouth very harmful to the eyes.
13. Don't use tap water on soft lenses; use only your doctor prescribed solution. Tap water MAY be used to rinse Rigid Gas Permeable lenses ONLY. Close sink drain before doing so!!!
14. Don't overfill contact lens case. An overfilled lens can cause lens to float too high and get caught when the lid is snapped on or screwed on.
15. Don't put redness relieving drops such as visine in your eyes with contact lenses in. Use only contact lens rewetting drops.
16. Don't force apart a soft contact that folded onto itself. Put the lens in the palm of your hand and soak it with your disinfection solution until it unfolds with a gentle massage.
17. Don't rub the lenses with a towel, tissue or shirt tail. The lens may be scratched.
18. Don't shower, swim or use hot tub while wearing contacts lenses. Bacteria in showers, pools and especially hot tubs can cause eye infections.
19. Don't wear your lenses if you have a cold or the flu.
20. Don't leave your lenses in 'hot spots', i.e. TV tops, glove compartments, window sills, in direct sun; they can warp or be damaged.
21. Don't ride in open cars without eye protection. The lenses can blow off your eye.
22. Don't wash hands with using soaps with moisturizers or deodorants; they can leave a greasy residue on your hands which can get on the lenses. Plain liquid soap is best with no dyes or perfumes.
23. Don't use waterproof mascara; it is difficult to remove without cleaners that are abrasive to the lens.
24. Don't use eye lash thickeners or lengtheners. They contain fibers or pieces of shell which can irritate contact lenses.
25. Don't apply eyeliner above the lower lash line. You will block glands which produce the tear film, making contact lenses more dry and uncomfortable.