

## **Contact Lens Information**

When choosing contacts over alternative vision correction methods, such as glasses or refractive surgery, you must be aware of the benefits and the risks. Though contacts are highly beneficial and convenient if used correctly, failure to properly clean and maintain your contact lenses may result in adverse effects, including discomfort, redness, secretion, visual blurring, infections, and pain. If your lenses cause you to experience discomfort, remove and clean them immediately. If symptoms persist, remove your contact lenses and call our office.

As a contact lens wearer, you should be aware of the proper care and maintenance of contact lenses. Before handling your lenses, wash hands with mild soap that does not contain creams, lotions, oils, or perfumes, and dry thoroughly. When disinfecting lenses, be sure to use proper contact lens solution. Do not use saliva or tap water to clean, disinfect, or store. In order to reduce the risk of infections, avoid getting water (e.g. ocean water, pool water) and other contaminants (e.g. lotion, fumes, or dust) in your eyes. Contact lens cases must be cleaned and disinfected on a regular basis.

It is imperative that contacts be worn as advised by your optometrist. Patients should remove contacts each night unless approved for overnight wear. Wearing lenses overnight comes with additional risks of infection, inflammation, and temporary or permanent loss of vision.

All contact lens wearers should keep glasses up to date in the case that they are unable to wear their contact lenses.

Contact lenses should be evaluated during annual eye examinations as some eye conditions may develop that are not visible or detected by the contact lens wearer.