

## Contact lens care

### Why is contact lens care so important?

Lens cleaning and disinfection is an extremely important step in maintaining reusable lenses because contact lenses become dirty every time you wear them. Although you might not be able to see it, your contact lenses become coated with protein and mucus from the tears, and are contaminated by dirt and bacteria with each use. Micro-organisms can also accumulate in your lens case. You should **clean your lens case every day**, leave it to dry upside down, and **replace it every three months**.

Timely lens replacement ensures that lenses are fresh and clean. Cleaning lenses can never remove all of the protein build-up, and all contact lenses will develop surface imperfections over time. Contact lenses do not last forever and replacing lenses regularly reduces the risk of complications and infections.

Regular care and check-ups are intended to detect any problems before they become serious. Regular check-ups also ensure your contact lenses continue to perform as expected, and that they are still the most suitable product for you and your vision needs.

Self-checking is the best way of detecting any problems early on. Get into the habit of checking your eyes regularly.

- > Is there any pain or significant discomfort?
- > Is there any redness or are other changes visible?
- > Has there been a change in vision in either eye?

If you experience any problems including reduced vision, pain, severe discomfort or redness, you should take your contact lenses out immediately and contact your optometrist using the phone numbers provided on this form.

## A reminder

### Congratulations! You have been successfully fitted with contact lenses.

We understand there was a lot of information to remember during your contact lens consultations and training. This form is a reminder of our instructions to you regarding cleaning, wearing and storing your lenses.

Contact lens wear requires more care and effort on the part of the wearer than spectacles. Because contact lenses are worn in direct contact with the cornea (the front surface of the eye) they affect the way the eyes function. As a result, contact lens wear carries certain risks. These risks can be minimised by taking care of the lenses properly.

If you are still unsure about anything, please let us know and we will be happy to help.

**For more information and help to select the treatments that meet all your eye care and lifestyle needs, ask your optometrist or visit [goodvisionforlife.com.au](http://goodvisionforlife.com.au)**

## Your optometrist

## Contact lenses

### Instructions and acknowledgement form



# Contact lenses

## Risks associated with contact lens wear

### Eye infections

Infections caused by contact lenses are not common and most contact lens wearers will never have one, provided appropriate hygiene and care are maintained. Most cases of conjunctivitis are minor but severe infections of the cornea can cause vision loss if they are not treated quickly.

### Allergic reactions

If reusable lenses are not cleaned properly, deposits of protein can stick on the lenses. Some people develop allergic reactions to these deposits and this can lead to contact lens intolerance. Occasionally, people also develop allergies to contact lens solutions.

### Chronic corneal changes

Contact lenses must be the right size and shape to fit over the cornea perfectly. Unsuitable contact lenses can cause swelling, breaks in the surface of the cornea and growth of blood vessels into the cornea. These changes are also associated with overwearing lenses.

### Do

- ✓ Wash your hands before inserting and removing your lenses
- ✓ Follow your contact lens care instructions carefully

### Don't

- ✗ Use tap water, saliva or unpreserved saline to wash your contact lenses
- ✗ Change your contact lens solution without discussing it with us first
- ✗ Share your contact lenses with anyone
- ✗ Swim in your lenses, unless we advise otherwise
- ✗ Wear contact lenses when you are unwell
- ✗ Sleep in your lenses, unless we advise otherwise

## Instructions & acknowledgement

### Contact lens care instructions

By following these instructions, you will minimise the risk of experiencing contact lens complications.

#### You need to replace your contact lenses every:

#### You can wear your contact lenses up to:

hours per day

#### Overnight wear

Yes, up to consecutive nights

No

#### Lens care routine

Daily disposable lens — throw out after each use

Rub, rinse and store lenses after every wear

Other care instructions:

### Contact lens solutions

Rub and clean lenses with

Rinse lenses with

Store lenses in

Protein clean lenses with

### Emergency contact

If you have any problems with your eyes or contact lenses, call:

During business hours

After business hours

#### You are due for an after-care check-up every:

## Acknowledgement

- ✓ I understand that wearing contact lenses carries certain risks, and that these can be minimised by following the instructions that my optometrist has given me.
- ✓ I understand the importance of continuing care and regular check-ups.
- ✓ I understand what to do if I have any problems with my lenses.
- ✓ I understand that my optometrist cannot take responsibility for contact lenses acquired from other sources.

### Signed

Name

Date