

# Contact Lens Wearers Guide

This contact lens wearers guide will serve as a reminder for you following your initial contact lens fitting session with your Optometrist.

Please note this guide is for **SOFT** contact lenses only.

## INSERTION

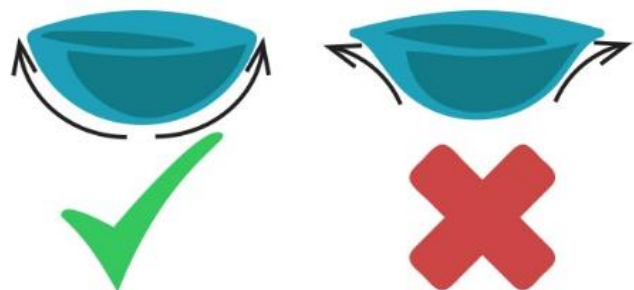
Always wash your hands with soap and water and dry with a lint free towel prior to handling your lenses.

It is important to clean your monthly contact lenses with the recommended solution prior to inserting them into your eyes. See cleaning instructions below for monthly contact lenses.

Before insertion ensure the lens is not inside out.

Place on your index finger and look at the lens edge.

If correct, the edge will point straight up like the edge of a cup. If inside out the edges will roll outwards.



Use your non-dominant hand to hold up your upper eyelid.

Remember to hold firmly and ensure your eyelashes are gripped under your fingers. Use the second finger on your dominant hand to hold down your lower eyelid firmly.

Turn your head away from the mirror so that your iris sits in the inside corner of your eye. This creates a large white area of your eye to place the lens onto. For example, when inserting your right contact lens turn your head to your right so that your left side of your face is closer to the mirror and your right iris is in the corner close to your nose.

Continue to watch yourself in the mirror so you can guide the lens in. With your index finger of your dominant hand place the lens onto your eye.

Once in place remove your index finger from your eye, then look up, down, left, and right to secure the lens in place.

After this step let go of your lower lid and then your top lid. Repeat for the other eye.

Alternative techniques may be taught.



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## REMOVAL

Holding your eyelids open look in the direction of your nose.

Slide the lens firmly onto the white of the eye. Pinch the lens out using the pads of your index finger and thumb.

Repeat for the other eye.

## CARE OF LENSES

### DAILY DISPOSABLE LENSES

These are disposable, meaning that you wear a new pair of contacts each day.

Once the day is over, you must throw away your contacts. Don't try to reuse them!

Even if you wear daily contacts, you should keep some solution on hand, in case you need to rinse any debris off the lenses.

**Dispose of used lenses after 1 day.**

### FORTNIGHTLY LENSES

Clean and disinfect your lenses as directed on your solution bottle and instructed by your optometrist.

After removal of your contact lens, place lens on your palm with a few drops of recommended cleaning solution. Rub the lens with your index finger for 20 seconds, then rinse and flip the lens.

Repeat for the other side and then place into container 3/4 full of fresh solution to sit when not wearing the lenses.

Leave case empty with lids off to dry while lenses are on the eyes.

**Dispose of used lenses after 14 days.**

### MONTHLY LENSES

Clean and disinfect your lenses as directed on your solution bottle and instructed by your optometrist.

After removal of your contact lens, place lens on your palm with a few drops of recommended cleaning solution. Rub the lens with your index finger for 20 seconds, then rinse and flip the lens.

Repeat for the other side and then place into container 3/4 full of fresh solution to sit when not wearing the lenses. Leave case empty with lids off to dry while lenses are on eye.

**Dispose of used contact lenses after 30 days.**



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## PEROXIDE CLEANING SYSTEMS

This alternative cleaning system can be used for soft and rigid gas permeable contact lenses.

It provides cleaning, disinfection, and protein removal from contact lenses.

Follow instructions on packaging and as directed by your optometrist. After removal of contact lenses from the eyes, place each lens into the labelled dome within the provided case.

Fill case to specified line with the provided solution. This will react with the disc at the bottom of the case.

After 6 hours the hydrogen peroxide solution will be neutralised.

**It is not safe to remove your lenses from the case before 6 hours. The provided solution must not come into contact with the eye until it is neutralised.**

## PRECAUTIONS

- Your optometrist will recommend a suitable regime for lens wearing, cleaning and replacement. This regime should be followed accurately.
- If you experience eye irritation, redness, or blurred vision, remove your lenses immediately and consult your optometrist.
- Avoid lens contamination from aerosol sprays, cosmetics, or noxious fumes.
- Discard damaged, contaminated, or scratched lenses immediately.
- Your lenses must remain covered by solution when they are not in your eyes. They will dry out within 5 minutes if left out of solution.
- Avoid long fingernails which harbor bacteria. A scratched eye is vulnerable to infection.
- Keep lenses & solution out of reach of children.
- Avoid water contact with your lenses and clean with recommended solution if water contact occurs.
- Avoid sleeping in your contact lenses, unless your optometrist advises that your contacts are approved for overnight wear.
- For overnight approved contact lenses, remove, clean and sleep without lenses at least one night per week.
- Insert contacts prior to applying makeup and remove after removing makeup. Ensure complete removal of eye makeup using specially formulated eyelid cleansing foam available from your optometrist.

## OUR RECOMMENDATIONS

- Studies have shown only 30% of patients wear and care for their lenses as instructed. In our experience, those who do as recommended rarely have problems.
- Those who do not do as recommended often end up with sore eyes, reduced contact lens comfort and in some cases, infections.



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- We hope that you enjoy the benefits of wearing your contact lenses for many years to come.
- Please call us (you can even do so out of hours and leave a message on our answering machine) or email us at [reception@gulfandranges.com.au](mailto:reception@gulfandranges.com.au) to book in for a contact lens exam or to re-order contact lenses.
- A contact lens prescription is valid in Australia for 18 months. After this time NO contact lenses can be dispensed. A new examination and prescription are then required to reorder your lenses.

## CONTACT LENS PACKAGES

### CONTACT LENS FITTING:

**Exam packages include lens selection and fitting, unlimited insertion and removal teaching sessions, trial contact lenses to take home and aftercare appointments.**



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