

Soft Contact Lens Information Booklet



DISCLAIMER

We tried to include as much relevant and important contact lens information as possible in this booklet, however, this list is not exhaustive. If you are unsure about anything or have questions, please don't hesitate to contact our clinic. We are always happy to help.

**IF YOU ARE EXPERIENCING AN EYE-RELATED EMERGENCY OUTSIDE OF OUR
REGULAR OFFICE HOURS, PLEASE CALL 911 OR PRESENT TO YOUR
NEAREST EMERGENCY ROOM.**

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Your Contacts and You

The contacts I use are called: _____

They need to be replaced: Daily Every 2 weeks Monthly

The solution I use is called: _____

During training, I preferred to insert my contacts with my:

Pointer finger Middle finger

Tips: _____

- ❖ When you first start wearing lenses it's normal if there is a mild itchy sensation in one or both eyes.
- ❖ It's also common in the beginning for your vision to not be as crisp as with your glasses, or that your vision is better with one eye than the other.

**Unless otherwise recommended, it is important to have
a complete visual assessment once a year.**

You can determine the comfort and the clarity of vision with your contact lenses,
but you cannot determine the health of your eyes.

Wearing Schedule

It is advisable to build up your wearing time when adapting to soft contact lenses.

Failure to adhere to this schedule can result in serious damage to your eyes, **even though the lenses may feel comfortable at the maximum recommended wearing time.**

- We will advise you if you can increase your wearing time beyond 12 hours after your first follow-up visit.
- You may have better comfort and success if you wait at least one half-hour after waking before inserting the lenses.
- If you miss a day, go back to the previous day's wearing time (for each day you miss, go back one day's wearing time).
- Once full-time wear is achieved, lenses may be worn during waking hours.
- In order to ensure safe and comfortable contact lens wear, a series of follow-up visits will be scheduled.
- For your follow-up visits, it is preferable to **wear your contact lenses for at least two hours prior to each appointment** providing you are not having any persistent difficulties.
- Bring your glasses to every progress check, just in case.

Day	Max Wear Time
1	2 hours
2	4 hours
3	6 hours
4	8 hours
5	9 hours
6	10 hours
7	11 hours
8	12 hours

Common Progress Checks
1 st Check → 1 week
2 nd Check → 1 month (for reusable lenses)

If you are having difficulty with your lenses, the progress check schedule can be adjusted to meet your needs.

Lens Handling

Proper hygiene is essential for avoiding contamination of lenses, maintaining clear and comfortable vision, and prolonging the life of your contacts.

- Always wash and rinse your hands thoroughly with a mild soap and dry them with a lint-free towel before touching your lenses.
- Nicotine, cosmetics, skin secretions and many other substances will cause eye irritation if they are transferred to your lenses.
- Use your fingertips, **not** your nails when handling to avoid damaging the lenses (and your eyes). Short, smooth-edged nails are preferred.
- Examine the lens on the tip of your finger: make sure it's clean, uniform, and free of nicks and tears.

Never wear a damaged contact lens!

- If the lens flattens/drapes across your finger, it's too wet.
To correct: transfer the contact to your other hand, dry your finger off on a lint-free cloth, then place it back onto the dried finger.
- If the lens folds or sticks together, place it in the palm of your hand and wet it thoroughly with the recommended rinsing solution. Try sliding the lens apart or gently rubbing the lens between your index finger and the palm of your hand. Do not try to pull the lens apart. If this does not work, soak the lens in rinsing solution in a case (NEVER use water).
- If you lose a reusable contact, check on and around you first. If the lens is found several hours later, it will have dried into a small, hard disc which can be rehydrated in a case filled with rinsing solution. After soaking it for 6 hours, clean and disinfect it as usual and try wearing it the next day. If irritation occurs, remove the lens and order a replacement.

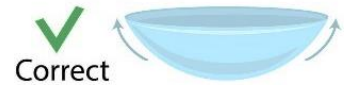
Is my Contact Inside Out?

It's important to make sure your lens is the right direction so that you can see properly. If your contact is inside out, it won't fit as well on your eye's surface, and may feel uncomfortable.

Here's how to tell:

Place the contact on the tip of your finger facing upwards and examine it.

The lens edges should point upwards, and it should be bowl-shaped. If it's inside out, the bowl-shape will seem shallower, and the edges will flare outwards.



TACO: GOOD ✓



NO TACO: BAD ✗

Try the taco test:

- ① Place the contact either between your thumb and pointer finger, or on the palm of your hand centered over a wrinkle.
- ② Pinch/squish the lens gently. If the edges curve towards each other and the contact looks like a taco, it's correct. If they still flare away even during squishing, it's inside out!

Contacts generally do not like to be inside out. If you try to flip your lens inside out and it inverts easily, it was inside out to begin with. If it's difficult to invert, it's likely the right direction.

Insertion

It's a good idea to get into the habit of inserting and removing the right lens first to avoid interchanging your contacts.

- ① With clean, dry hands, place the contact onto the tip of the finger you prefer to insert your lens with on your dominant hand.
- ② Use your opposite hand to lift up your upper lid.
Hold it firmly against your brow bone and ensure you can't blink.
 - It can help to start with your eyes closed so you can pull up as much lid surface area as possible.
- ③ Use the finger next to the finger you're using to insert your lens to pull your lower lid down.
 - If you're inserting with your pointer finger, use your middle finger.
 - If you're inserting with your middle finger, use your ring finger.
- ④ Watching in a mirror with the opposite eye, place the lens on the centre of your eye (over the colored part). Gently press it in as opposed to tapping it in quickly.
- ⑤ Remove your finger first, then release your lids. Close your eye over the contact deliberately; not too quickly and not too slowly, or you risk blinking the lens out of your eye.

Repetition is key- Practice makes progress!

If Your Contact Feels Uncomfortable

If the lens feels uncomfortable, look up and gently place a finger on the lower edge of the contact lens. Slowly slide it down onto the white of the eye and swish it from side to side. Release the lens and look straight ahead and blink.

Contact still feeling off? Remove the lens and go through this checklist:

1. Check if the lens is inside out
2. Inspect lens for nicks and tears
3. Check if the lens is clean – inspect for lint, dirt, oils from skin, etc.
4. Clean lens, reinsert

If the irritation persists, remove the lens and consult our office.

Removal

It is recommended to remove contacts from the sclera, or white part of your eye, as opposed to the cornea, the clear part of the eye that covers the pupil and iris. This is important for 2 reasons:

1. Contacts are specially made to fit the curve of the cornea. It's easier to remove a lens from the less steeply curved sclera, because the contact does not fit as well there.
2. It's safer. If you were to injure your eye during contact removal, the injury would preferably be on the white part of your eye, and not right on top of the part you look out of.

How to:

- ① Wash and dry your hands thoroughly.

IMPORTANT
NEVER USE YOUR NAILS TO REMOVE
YOUR CONTACTS.

- ② **Always be sure the contact is on your cornea before attempting to remove it.**

Check your vision by covering your other eye. If the vision is blurred, the lens is either on the white part of the eye or is not on the eye at all.

- ③ Pull your upper lid up as you would for insertion, but use the middle finger of your dominant hand to pull down your lower lid, so that your pointer finger is available for the next part.

- ④ With the pad of your pointer finger, gently press on the lens in your eye. Slide it down as far as you can without lifting your finger off the lens.

Tip: you'll need to press on the contact firmly enough so that it moves when you drag it.

- ⑤ Look up. Looking up moves the contact further onto your sclera and away from your cornea.

- ⑥ Slide the pad of your thumb towards the contact in an exaggerated pinching motion to grab the lens, then pull it out of your eye. You should now have the contact between the pads of your pointer finger and thumb. Until you have removed the lens, don't let your gaze wander or the lens will re-centre itself. Proceed to remove left lens.

If you wear reusable lenses, clean them right away. Do not wait until the next day. For cleaning instructions, see the next page.

How to Clean your Contacts

Monthly contacts are cost effective and convenient, but you must keep them clean.

Here's how:

- ① Wash and dry your hands. Prepare the area before you remove your contact lenses:
 - If you're working by a sink, plug the drain.
 - If you don't have a plug for the drain, fold up a piece of paper towel and place it over the drain to block it.
 - Take the lid(s) off your lens case to get it ready. Set out solution.
- ② Start by removing your right lens. Pour a little puddle of contact solution into the palm of your hand. Place lens on top of the puddle and add a few extra drops of solution on top.
- ③ With your opposite hand, use the **pad** of your index finger to gently rub the lens in small circles for about 15 seconds. Flip the lens over and do the same thing on the other side.
- ④ Pinch the lens between the pads of your index finger and thumb. Then, rinse the lens with a **steady stream** of solution for approximately 10 seconds each side.
- ⑤ Put the clean lens in the appropriate side of the case, and completely fill it up with fresh solution. There are often markings on the inside of contact lens cases that indicate where to fill the solution up to.
- ⑥ Remove and clean the left lens in the same way.

When you use your contacts next, dump out the old solution then rinse your case out with fresh solution. Let the case air-dry in a dry place so that it's ready for when you next need to store your lenses. Treat your solution like bath water. You wouldn't reuse your bath water, so don't reuse your solution!

If you're storing your lenses for longer periods of time rather than just overnight, refer to the instructions on the packaging of your specific solution. You can leave **cleaned** lenses in certain solutions in a tightly closed case for up to 30 days, whereas others may recommend leaving your lenses for no longer than 1 week.

Contact Lens Solution 101

Think all contact lens care solutions are the same? Wrong! Contact lens solutions are designed for different purposes including cleaning, rinsing, disinfecting, and storing. Not all solutions do each of these things.

Be sure to discuss your contact solution options with your eye care professional to understand which types best suit your contact lens care needs.

Multi-Purpose Contact Lens Solutions

Multi-purpose contact lens solutions clean and disinfect contact lenses in a one bottle system. Some multi-purpose solutions also recondition contact lenses. Multi-purpose solutions are the most popular method of contact lens care in North America.² Make sure to discuss which contact lens care products work best with your lenses with your eye care professional.

Hydrogen Peroxide-Based Lens Care Systems

Hydrogen peroxide-based (HPB) contact lens care systems employ a one-step or two-step process, depending on the product. HPB systems use hydrogen peroxide to kill germs and bacteria for strong disinfection and some systems require a separate step for cleaning.²

Hydrogen peroxide care systems are preservative-free and are often recommended for contact lens wearers who may be sensitive to preservatives found in multi-purpose contact lens solutions.² However, it is important to follow every step in the product instructions.

Saline Solutions

Saline solutions are mainly used for rinsing and storing contact lenses when you're using a heat or UV disinfection system. Saline solutions are not indicated or meant for disinfecting contacts.

Daily Cleaners

A daily cleaner is used to clean contact lenses prior to disinfection. Daily cleaners are not indicated or meant to disinfect contact lenses so you will be required to use additional products.³

Contact Lens Do's and Don'ts

No matter how long you've been wearing contacts, there's a good chance you've heard that there are ways to "bend the rules" of contact lens care to save time, money, or both. However, doing so can put your eyes at risk. Treat your contacts like the medical devices they are. Below are some do's and don'ts, followed by contact lens myths and facts.

DO'S	DON'TS
Stick strictly to the wearing schedule prescribed by your eye care professional and dispose of your contact lenses as directed. ¹	Don't "stretch" your lens wear beyond what your eye care professional has recommended. ² If you're told to replace your contacts every two weeks, that means two weeks – not three or four.
If your eyes become red, irritated, or your vision changes, remove your lenses immediately and consult your eye care professional. ³	Don't share your contact lenses with anyone else! It's extremely unsanitary.
Always handle your lenses with clean, dry hands. ¹	Don't expose your contact lenses to any kind of water– tap, bottled, distilled, lake, river, or ocean water.
Clean, rinse and disinfect your contacts with fresh solution each time you remove them.	Don't use saliva, tap water or anything other than contact lens solutions for lubricating, rewetting and/or cleaning your lenses. ¹
Keep bottles of solutions closed when not in use and use solutions before expiration date marked on the bottle. ³	Don't let the tip of solution bottles touch other surfaces—including your fingers, eyes or contact lenses.
Always use fresh, new solution to refill your lens case and store your contact lenses. After use, always empty and rinse your lens case with fresh solution and allow the lens case to air dry. ³	Don't be stingy with your lens solution and try to use less so that it lasts longer. Don't reuse old solution or add new solution on top of what's already in the case.
Replace your lens storage case according to your eye care professional's directions and product instructions. If you're unsure, replace it every time you get a new bottle of solution. Treat your case like it expires.	Don't change the brand of contact lens solution unless recommended by your eye care professional. ³ Not all solutions are the same.

Contact Lens Myths and Facts

MYTH: *It's fine to reuse contact solution. Throwing out your contact lens solution after each use is just a marketing tactic to get you to buy more.*

FACT: Reusing old solution or adding fresh solution to the old solution that's in your case diminishes the disinfecting properties of the fresh solution.² Lens cases can be a source of microbial contamination. Be sure to follow your eye care professional's directions and product instructions for replacing your case to help avoid buildup of bacteria and residue.

MYTH: *You can wear contacts much longer than the packaging suggests.*

FACT: Successful contact lens wear depends on following the instructions. Contacts should be discarded and replaced according to the schedule provided by your eye care professional to help ensure a successful, comfortable lens wearing experience. Protein, calcium, lipids, and other substances found naturally in your tears can build up on your lenses, making them less comfortable.³

MYTH: *It's OK to use tap water to clean contact lenses and lens cases. It's just water, right?*

FACT: Even when clean and clear, tap water is not appropriate for cleaning lenses. Tap water does NOT disinfect your contact lenses. It can contain bacteria, chlorine, minerals, and metal particles, which can damage both the lenses and the eyes.⁴

MYTH: *You can tell when contact lenses and contact lens cases are dirty just by looking at them.*

FACT: Even if your lenses or lens solution looks clear, that doesn't mean it's clean. That's why it is essential that you clean your contacts immediately after removing them and NEVER reuse contact lens solution.

MYTH: *It's OK to swim while wearing contacts lenses as long as you close your eyes.*

FACT: Never swim while wearing your contact lenses.⁶ All water contains bacteria that can cause eye infections, corneal ulcers or loss of vision.⁷

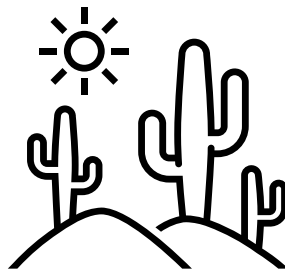
Contact Lenses and Dry Air Environments:

Reducing Discomfort

The contact lens wearer today encounters a variety of dry air environments such as office buildings, airplanes, etc. These environments with reduced humidity reduce the volume and quality of your tears through more rapid evaporation. This leads to discomfort, itchiness, redness, light sensitivity, and foreign object sensation.

The following steps can lead to greater comfort:

- Make sure that the lenses are cleaned thoroughly.
- Blink on a regular basis, i.e. every 5 seconds.
- Avoid alcohol and coffee which have a diuretic effect, decreasing body hydration thus reducing tear volume.
- Use lubricating drops (however, only based on the advice of your eye care professional).
- Remove your lenses before napping or sleeping.
- Colds and allergies can lead to dehydration, so contact lenses may have to be temporarily discontinued during those times.
- Some medications, even non-prescription type, can lead to dehydration. If you have had a change in medications and your vision seems to be affected, please contact our office.

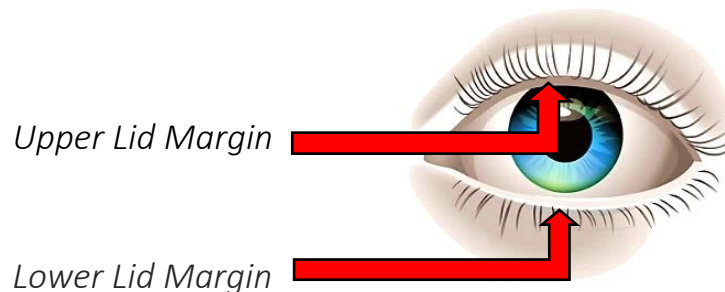


Contact Lenses and Cosmetics

Contacts and cosmetics can both enhance the appearance of your eyes and face. However, if makeup gets into your eyes, it can affect your contact lenses as well as the health of your eyes.

We therefore make the following recommendations:

- Ensure your face is clean before applying makeup.
- Apply makeup on and around your eyes, including mascara, **AFTER** inserting your lenses. Remove makeup **AFTER** removing your lenses.
- Hairspray, perfume, body spray, and other spray/aerosol products may cause ocular irritations, so avoid spraying these near the eyes. Try to apply these products before inserting your contact lenses. Residual spray may remain in the air, so wait a few seconds before handling your lenses.
- Apply makeup lightly and avoid areas closest to the eye, **especially** the lid margins (informally known as the “water lines”). Never apply eyeliner along that area. Cosmetics can block the ducts along your lid margins, which can alter normal tear composition. This alteration contributes to contact lens deterioration.



- After removing your contact lenses, wipe away eye makeup with a cotton pad soaked in oil-free makeup remover. Finish by rinsing with water, or by washing your face as normal.
- Cosmetics, once used, should not be kept longer than 6 months. Discarding and replacing makeup often will reduce the risk of infection, even though most cosmetics contain preservatives.
- Clean your makeup tools regularly to reduce transferring bacteria to your face. Additionally, it is not recommended to share makeup or makeup tools

What Makeup Should I Use?

When selecting makeup to wear alongside your contacts, follow these recommendations in order to minimize irritation and contamination:

- **Mascara:** A water-based, hypoallergenic, fiber-free mascara is suggested. Fibers can create a foreign body sensation if they get into your eyes. Protein in the base of the formula, as well as water-resistant mascara formulas may permanently adhere to contact lenses and should be avoided.
- **Eyeshadow:** Liquid, cream, or gel eyeshadow is recommended over powder types if possible, as powder eyeshadow can flake into the eye.
- **Eyeliner:** A flake proof, smear proof eyeliner should be used to eliminate flaking off into the eyes, which produces a foreign-body sensation.
- **Makeup remover:** Water soluble makeup removers are preferred because oil-in water emulsions, oil cleansers, and the like can cause lipid deposits on the contact lens surface.

Micellar water is a great makeup remover for contact lens wearers! Some popular choices include:

- (\$) Garnier SkinActive Micellar Cleansing Water
- (\$\$) Cerave Hydrating Micellar Water
- (\$\$\$) Bioderma Sensibio H2O Micelle Solution

Avoid perfumed cosmetics! They can irritate your skin and eyes.



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